

Talking to your teen

Some tips for parents...

- teens deserve respect
- adults should respect their teens and expect it in return
- adults should show respect for a teenagers friends
- never berate or belittle a teen in front of his/her peers
- think about how often you ask teens questions and seek their opinions

One of the biggest problems during adolescence is the power struggle that develops between teens and adults.

Recognize it for what it is...the result of teens wanting to feel powerful in an adult world...find ways of working through it together.

...catch them doing something good and praise them...

communicate...

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Conversations with teens can be refreshing and insightful...they should be a part of each day.

Most conversations take place in the presence of other people...so find occasions to talk with your teen alone, away from brother, sister and anyone else.

Make sure you listen to what is being said and what is not being said.

Effective communications is the key to healthy relationships.

...teens are apprentice adults, and they need time to breath and learn...

...it is up to the adult to balance freedom and independence with good judgement about when to step in...

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