

6 TIPS TO HELP YOU TALK WITH YOUR TEEN

TIMING IS EVERYTHING

Find the best time during the day to talk with your teen by paying attention to when, where and at what point they open up the most. Like anyone, there are better times to talk than others.

CREATE SPACE FOR COMMUNICATION

Turn off the tech, make it cosy or play a game. By creating the atmosphere for sharing, teens are more likely to talk.

GIVE COMPLIMENTS OR SUGGESTIONS

Listen for the positive, we want to be the example of healthy communication. Suggestions should come at their request, they will be better received.

SMALL THINGS MATTER

Although it may seem like a small thing, sometimes teens just want someone to listen and understand their experience. Listening without judgement is a skill. Once they trust you with the small talks, they will trust you with the big talks.

DAILY CHECK-IN

Set an alarm in your day to make time for your teen. Call, text or walk into their room. By setting aside time every day they will learn to expect it and be ready for conversation.

SPEAK WITH RESPECT AND A FILTER

Teens want to be treated with respect like any other human being. By being an example of respect, they will in turn respect you. Also, filter your language by modeling respectful communication.