



10 things you need to know about ...Connecting with your teen

01

Being the Parent who loves well is not about being perfect, it's about being present!

02

Listen more than you talk. Listen to understand, not to speak. Listen without judgment. Our teen's cry is: "you never listen to me".

03

Avoid lectures. No one likes to be lectured to. If you want your teen to hear you & cooperate, ask questions to engage their heart & mind.

04

Asking questions with curiosity, to learn, understand, and connect. Not questioning as if you are a CIA agent! Our teen's cry is, "you don't understand".

05

Asking questions helps to engage the prefrontal cortex which is the area of higher thinking in your teen's brain. This is not fully developed until after age 25.

06

Telling, yelling, screaming, or anger, produces the fight, flight or freeze response in your teen's brain. You will be the enemy and no one learns from their enemy!

07

Before you correct your teen's behavior, consider what is going on underneath the surface for both you and him. You must connect before you correct!

08

Remember that they are often confused about why they are unable to manage their emotions. Have compassion on them and do not take it personal.

09

Consider having a family "power down/eyes up dinner time". This helps them engage in conversation, eye contact and demonstrates being present with those in front of them.

10

Fess up when you mess up. Ask for forgiveness when you blow it. You will be teaching them to restore relationships and about mutual respect of others.