

Tips For Communicating With Teenagers



See the Positives. Notice when things are going well and tell them that we appreciate this.



Spend time together. Life for teenagers is busy! Try to create small opportunities to spend time together chatting at breakfast, in the car or watching TV.



Keep up with their interests. Stay connected by listening to their music, watching their television shows with them, and turning up to their matches and performances.



Respect their privacy. Teenagers need their own space. Remember to knock before you go into their room.



Be a loving parent. Celebrate achievements, forgive mistakes, listen and tell them often that you love them.



Have fun! Laughter and good feelings help to build strong positive relationships.



Put the phones away. Have short phone-free times throughout the day such as at the table during mealtime. Remember this needs to apply to all family members.

