

How To Talk To Your Teen

1. **Make time for you teen.** Find an activity you enjoy doing together and pursue it. If your invitations are declined, keep asking.
2. **Listen, really listen.** Don't try to listen while doing something else. Put your chores aside so your teen knows you're really paying attention.
3. **Take the long view.** Don't treat minor mishaps as major catastrophes. Choose the important issues.
4. **Tolerate differences.** View your teenager as an individual distinct from you. But this doesn't mean you can't state your opinion if you disagree.
5. **Respect your teenager's privacy.** But if a behavior is worrying you, speak up.
6. **Never imply that your teenager's feelings don't matter or that they will change.** Teens live in the present. It doesn't help them to know they'll soon feel differently.
7. **Don't judge.** State facts instead of opinions when you praise or criticize.