

Talking to Teens

What to expect from teens

- Wanting to spend more times with friends than with family
- Trouble getting up early
- Needing more sleep
- Sadness and anxiety after fights with friends
- Some risk taking and experimenting
- Pushing boundaries and testing limits
- Increased worry about physical appearance
- Increased defiance and arguing
- Increased need for privacy
- Mood swings
- Increased need for independence

Positive Patterns of Communication

Do validate your teen's feelings

- Avoid minimizing how your teen is feeling
- Use reflective listening skills so teens feel heard

Do have conversations with you teen

- Avoid questions as it can feel like an interrogation
- Volunteer information about your day

Do set clear and specific rules and consequences

- Avoid the power struggle
- Follow through on the consequences
- Refuse to argue with your teens
- Try to remain calm

Do problem solve together

- Don't approach everything like a lecture, your teen will tune you out
- Invite them to help you come up with a solution

Resources:

Brainstorm- Dan Siegel

Untangled: Guiding Teenage Girls Through the Seven Transitions into Adulthood- Lisa Damour Ph.D.

<https://childmind.org/article/tips-communicating-with-teen/>

<https://www.ahaparenting.com/Ages-stages/teenagers/parent-teen-relationship>