

ALL PARENTS HAVE WORRIES!



**BUT
RAISING A TEEN TODAY
CAN BE LESS DIFFICULT!**

Quick Tips for Communication

- Be present (even when it isn't convenient)
- Don't use "why" questions for directive answers
- Don't use lectures as the only educational times
- Email or text your teenager
- Use positives instead of negatives (1 to 10)
- Change your approach since it isn't working

Let me evaluate what doesn't work and give you the best possible solution for your family and your sanity.

Still have questions? Call me for a consult!

✧ Interactive ✧
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Communicating with Teens

I often hear from parents, "doesn't my teen have the same issues I had as a teen many years ago?" My simple answer is yes and no! Your teen will experience everything you experienced and then experience so much more. It's hard to believe, but it is so true. Not until I interned in a high school did I realize how much it has changed just since I was in high school. It's hard to believe that 1 in 3 will experience an STD. It's amazing that teen behaviors, friendships, and love interest can change in a blink of an eye. Academic stresses now include college coursework in high school, above average community involvement, and being average is despised. So no wonder teens are turning to caffeine, cigarettes, surgery, ineffective relationships, drugs & alcohol to cope today.

Most teens don't want to talk to their parents about their problems. Teens want to experience the pain for themselves and take advice from their friends. Parents should not be friends, but need to be parents. Teens need to listen to adults because their friends often have the wrong information. This is where a teen consult works so well. Often it's just hearing another perspective via email, webcam chat, or in the office that puts the information in their heads. Then it takes encouragement in their decision making skills to choose wisely.

Not too sure your teen can choose wisely?
Let me talk to them!

Is your teen fighting you on a list of issues important to them?

Let me visit with you about a compromise that works for both parties without starting WWII.

Listening to your teen is as important as communicating the right message at the right time. I wish all parents with teens good luck, but let me help before you become overly frustrated

Teens need someone to
talk to and listen...
Contact us Today!