

REAL TALK ABOUT COMMUNICATING WITH YOUR TEEN

Sandy Fowler



My Notes

WHY OUR TEENS DON'T COME TO US FOR HELP

- Don't think we'll understand
- Don't want to burden us
- Don't want to disappoint us
- Concerned we'll take over
- Afraid we'll make it worse



My Notes

BUILDING A FOUNDATION

- Close your mouth & open your ears
- Keep your cool & don't take over
- Trust them
- Support them



My Notes

BUILDING ON THE FOUNDATION: 4 RULES FOR EFFECTIVE COMMUNICATION

- Talk about yourself
- Stay specific and concrete
- Be kind
- Simply Listen



My Notes

SUPPORT YOURSELF

- Build Awareness
- Practice
- Accept
- Ask



My Notes

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For information on raising teens and parenting twenty somethings, connect with @MightyParenting

To support myself in being a better parent, connect with Sandy.