

7 COMMUNICATION HACKS TO RECONNECT WITH YOUR TEENAGER



ARE YOU READY FOR A BETTER RELATIONSHIP WITH
YOUR TEEN.... THIS WEEK?

WITHOUT SELLING YOUR SOUL OR LOSING YOUR SHIZZ?

Staying connected with your teenager is no easy feat, mainly because teens do all they can to widen the gulf between themselves and their parents.

Much of it is actually biologically driven, did you realise that?

OK... SO HOW'S IT GOING TO GET BETTER?

Look, understanding it's normal that they have a need to create this gap is important and *should* help you cope...

BUT sometimes you just need some big guns (and wine!) to make it through yet another day.

There's GOOD NEWS and light at the end of the tunnel.

Some simple strategies - that you can easily use - will help rebuild the communication bridge if it's wobbly.

Below, you'll find 7 communication hacks you can implement AND they're all do-able today.

HACK 1: PUTTING ON THE POKER FACE

There will be times you hear things from your teen - or about your teen - that are intended to shock you, or you'd rather not know.

Pull out your best poker face and avoid letting lose any facial expressions that could convey disappointment, frustration or judgement.

Just listen... calmly... and take all the time you need before responding. There's no need to rush in your with your first thoughts or knee-jerk reaction.

HACK 2: WHEN THE GOING IS GOOD

Keep your eyes wide open to catch them at a time they're doing something helpful and responsible.

Use this golden opportunity to acknowledge and praise them (in a totally non-wanky way of course!)

Even if they grunt in your general direction at the recognition, I pinky promise they'll secretly be chuffed.



HACK 3: TIME & PLACE

There's a time and place for disciplinary conversations with your teen and it's never, never, ever in front of their friends.

Whether you're tempted to "tear them a new one" or just poke a bit of what you think's harmless fun in their direction.. don't. Being put down in front of their peers is never OK for your teen and a relationship killer.

HACK 4: NO NEED TO WIN EVERY BATTLE

One of my favourite sayings is that “you don’t have to win every battle to win the war”... but that’s not suggesting I want your relationship to be likened to a major military conflict (even though it may feel like it).

It’s all related to deciding what’s important and what can go through to the keeper. Yep, pick your battles and all that... hmmm recurring combat theme.

For instance, their wet towel on the bathroom floor. AGAIN. Before you say something (read that as nag, rant, bellow) ask if it’s really worth initiating an argument over, and if it’s not, move right along.

HACK 5: GET TO LIKE DRIVES IN THE CAR

Seriously, the very best place to communicate effectively with your teen is in the car.

Get out of town, you say!!

But it's true, and here's why...

- there's a purpose as you've somewhere to go
- you’ve got time to kill as you can’t get there any faster
- there’s no awkward or uncomfortable across the table eyeballing (eyes on the road, please!) and
- best of all, there’s no escape! You have them totally captive!

I’ve had more great conversations with my teens in the car than anywhere else. Trust me, this one works.

HACK 6: BE THEIR CHIEF CHEERLEADER

Show up at their activities, watch them and clap loudly. Not too embarrassing mind you. But loud enough so they know you're there, in support and are bloody proud of them.

Celebrate wins with them... but also demonstrate how to graciously accept defeat so they'll understand they're loved no matter the outcome.

Talk positively about their activities and the effort they put into them. Step back and watch the pride pop out of them!

HACK 7: PROMISES AND KEEPING THEM

Even when they pretend to be ignoring you, I guarantee your teen is keenly watching your every move.

For a couple of reasons, actually.

Firstly to catch out out if you screw up... so they can then bank the occasion to use against you sometime down the track.

And secondly, to be sure that you follow through.

It's therefore crucial you say what you mean to do... and then do as you say.

Every time.

A teen will see any broken promise as the opportunity to push the boundaries... and your buttons.

SO, WHERE TO FROM HERE?

Deciding to download this cheatsheet means you know it's time things got better and taking the first step needs to come from you. Good stuff!

When all of the 'perfect' on social media land, and the chatter of other mums leads you to feel you're the only one struggling, I want you to stop for a moment and realise this... it's just not true, and you're never alone in this!

I'd really love to help make your life less frustrating, more peaceful and certainly well before you've packed your bags... or theirs!

Come and check out the programs and services on offer to help you and your family.

[Click here to see the support available!](#)

