



50 WAYS TO

RECONNECT WITH YOUR TEEN

www.teenagesurvivalcoach.com




DO YOU FEEL YOU'RE LOSING TOUCH?

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

Understanding that their need to create this space is normal should help you cope... BUT some good news is there are steps you can take to re-build the communication bridge if it's shaky.

Here's 50 strategies you can implement TODAY...

- #1. Respect they have a need for privacy and honour their space.
- #2. Make time for sharing in things or activities they enjoy.
- #3. Bite your tongue... even when sometimes it's not easy!
- #4. Catch them in the act of doing something good and praise them at the time.

- 
- #5. Allow them privileges which reflect their age and maturity.
 - #6. Be your teenager's advocate. Believe in them.
 - #7. Show a genuine interest in their activities and passions.
 - #8. Spend one-on-one time with them.
 - #9. Ask open ended questions to avoid "yeah" or "nuh" responses.
 - #10. Acknowledge their fears, even if you think they're not real.
 - #11. Use "I" statements and avoid "You" statements. This can turn a conversation around.
 - #12. Focus on the important stuff, not the little stuff.
 - #13. Share something personal about your own time as a teen. This will make you relatable.
 - #14. Discuss important, but maybe uncomfortable, topics like sex and fears.

#15. Make sure your home environment is somewhere your teen and his/her friends feel comfortable and welcome.

#16. Compile a list of 10 things you sincerely like about your teen. Share it with them.

#17. Show them you have compassion towards other teenagers, whether they be friends or not.


#18. Include them in regular family meetings and make decisions together.

#19. Give consequences that are logical and meaningful. It needs to make sense to them.

#20. Ask them to accompany you for a meal, to the shops, to do a job... anywhere.

#21. Show up to their activities, watch them and clap loudly.

#22. Get to know their friends and talk to them like young adults.

- 
- #23. Admit when you're wrong and say "I'm sorry" when you need to.
 - #24. Hug them. Tightly and often.
 - #25. Tell them, "I love you and I'm so proud of you!"
 - #26. Eat your evening meal with them at least four nights a week.
 - #27. Never put them down in front of their friends or peers.
 - #28. Ask for and listen to their opinions.
 - #29. Talk to them when there is not a problem or issue.
 - #30. Listen carefully not only to what they say, but to what goes unsaid.
 - #31. Make a point of daily conversations. About anything.
 - #32. Share your concerns so you're not perceived as the undercover cop.
 - #33. Keep your conversations confidential (unless there's danger involved - in which case act!)

#34. Follow through on your promises.

#35. Let them know they're forgiven when they make a mistake.

#36. Schedule time to talk about the important things instead of catching them on the run.

#37. Focus on what they've done right before launching into criticism.

#38. Talk to and with them, rather than at them.

#39. Accept there'll be moods and teach them how to deal with their emotions.

#40. Let them make decisions about their own lives whenever possible.

#41. Help them develop a sense of humour - find things to laugh about together.

#42. Listen to the whole story before you release your reaction.



#43. Cook together - it's a lifeskill they need and it facilitates connection.

#44. Stay up and wait for them to come home.

#45. Ask if they want you to fix it, or just listen before you offer your advice.

#46. Discover a shared passion or hobby together.

#47. Keep your facial expressions neutral when they are telling you something you don't want to hear.

#48. Listen patiently for their reasons for wanting to do something instead of jumping in with "no".

#49. Give them guidance but avoid giving directives.

#50. Always remember, you are in the process of making a person.