

10 TIPS FOR COMMUNICATING WITH YOUR TEEN

Listen to what they are saying and what they are not!

Observe their moods and behaviors.

Remain calm and non-judgmental.



Acknowledge them as individuals.

Share your experiences and how you handled situations.

Spend time together to create a bond.



Consider their point of view.



Ask open-ended questions.

Don't make light of any situation – it may be important to them.



Be positive and give praise.



**tutor
doctor**
How learning hits home.

