



## Communication With Your Teenagers

**Be Brief and Specific:** Keep your communication concise and to the point. Address one or two key points rather than overwhelming them with information.

**Praise Immediately:** Catch them doing something right and acknowledge it promptly. Be specific about what they did well, and express your appreciation.

**Redirect Promptly:** If you notice a behavior that needs correction, address it as soon as possible. Offer constructive feedback and provide alternatives or solutions.

**Use the "One-Minute Reprimand" Approach:** When correction is necessary, focus on the behavior, not the person. Be specific about what went wrong and how it can be improved. Express your confidence in their ability to do better next time.

**Listen Actively:** Allocate time for active listening when your teenager wants to share something. Show genuine interest, ask clarifying questions, and avoid interrupting.

**Encourage Self-Reflection:** Guide your teenager to reflect on their actions and decisions. Ask open-ended questions that promote critical thinking and self-awareness.

**Establish Clear Expectations:** Clearly communicate your expectations regarding responsibilities, chores, and behavior. Ensure they understand the consequences of not meeting these expectations.

**Use Positive Reinforcement:** Reinforce positive behaviors with praise and acknowledgment. Encourage a positive and supportive atmosphere at home.

**Be Approachable:** Create an environment where your teenager feels comfortable coming to you with concerns or questions. Maintain an open and non-judgmental attitude.

**Demonstrate Empathy:** Understand and acknowledge their feelings and perspectives. Empathize with the challenges they may be facing without immediately offering solutions.

**Schedule Check-Ins:** Set aside regular, brief check-ins to discuss their progress, challenges, and any concerns they may have. Use these moments to offer guidance and support.

Remember, the key is to balance praise with redirection and correction, while also fostering open communication and a positive relationship with your teenager. Flexibility and adaptability are essential as each teenager is unique and may respond differently to various communication styles.

