

# Tip Sheet

## Communicating with Your Teen



- Follow their lead and engage with them in activities that they like, even if they may not interest you
- Know that they **do** want to talk with you
- Listen with curiosity, not judgment
- Sit down and watch an episode of their favorite tv show with them or ask to listen to their current favorite song
- When having a serious discussion, pay attention to your teen's mood (*and your own*) and choose the right time
- Highlight their achievements and do not focus on mistakes

