

Connect & Communicate With Your Teen (even when they don't want to c&c with you...)

Goals as a Parent:

Keep your Teen **ALIVE**, Build a **STRONG RELATIONSHIP**, Keep **CHOICES & OPTIONS** open for Teen, and prepare them to **LIVE SUCCESSFULLY ON THEIR OWN**.

Operating Principles:

7 years to teach my child to live successfully on their own

HEALTH & SAFETY #1, FREEDOM matches **RESPONSIBILITY**. Parent is more **CONSULTANT**, less manager. Parent is **IN CHARGE**, firm & loving, not tyrannical. **MODEL THE BEHAVIORS** you seek.

Connection: *What We Want*

Is **PARENT'S RESPONSIBILITY** (if you want it, you will have to do 90% of work). **INFLUENCE** instead of dictate. **REMAIN OPEN, LOVING, & ACCEPTING** so Teen isn't afraid to come to you with problems. **ALLOW THEM TO MANAGE THEMSELVES AND MAKE MISTAKES**.

Communication: *How We Get There*

RESPECT 100% of the time – **YOU MODEL THIS**. **LISTEN, LISTEN, LISTEN**. **NO JUDGEMENTS, NO CRITICISM, NO SARCASM**. **APOLOGIES** as needed – **YOU MODEL THIS**. **SIDE by SIDE** conversation works better than more confrontational face to face.

Conflict & Control:

What does it mean to be IN CHARGE?

Use **CLEAR COMMUNICATION & NATURAL CONSEQUENCES** instead of yelling and punishment. Set **CLEAR EXPECTATIONS** – **NO RESENTMENTS** for you OR Teen. **SAY EVERYTHING ON YOUR MIND**. **STATE PREFERENCES/CONCERNS STRONGLY** regarding drugs, alcohol, sex. Have regular **CONVERSATIONS**, mandatory – not optional, where you control boundaries. **REPEAT** as necessary....1,000,000 times.