



## Ten Terrific Ways To Connect With Teens

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1. Carry around a picture of your teen when he or she was younger – it helps!  
*Preferably before they lost their baby teeth. They will be that wonderful again.*
2. Enthusiastically participate and explore areas where they demonstrate a career interest.  
*Help with research, making contacts, and accompany them on fact-finding trips.*
3. Let them make their own mistakes. It is unlikely they can learn from yours.  
*Remember what it's like to be a teenager.*
4. Have an agreement that you will pick your child up anywhere, anytime; no questions asked if they feel unsafe or uncomfortable.  
*It's ok if you're the bad guy – they may need an 'out' with their friends.*
5. Encourage time with grandparents.  
*They can 'complain' about you, but it goes no further and provides a safe outlet.*
6. Always know three things – **who** they are with, **what** they are doing, and **where** they are. Anytime one of those areas change, they need to let you know.  
*This is a no-brainer in the age of cell phones.*
7. Although sometimes difficult at this age – catch your teen being good! Be very specific with the praise such as “Thanks for tidying up your room.” Avoid sarcastic comments, like “Oh! So you actually do have a floor!”  
*Idea – create coupons to give out for such deeds. For example, give a coupon promising to listen to a problem, and NOT giving advice unless they ask! Masking tape strongly recommended here.*
8. Rather than always trying to be the problem solver, ask your teen for advice about a problem you're dealing with – and really listen.  
*Everyone likes to be heard.*
9. Choose your battles. If you're upset, think, will this really matter a year from now?  
*If you still choose to get mad, don't forget to forgive.*
10. Always kiss them goodnight.

If you have any more ideas, please send them to [tina@parentalwisdom.com](mailto:tina@parentalwisdom.com)