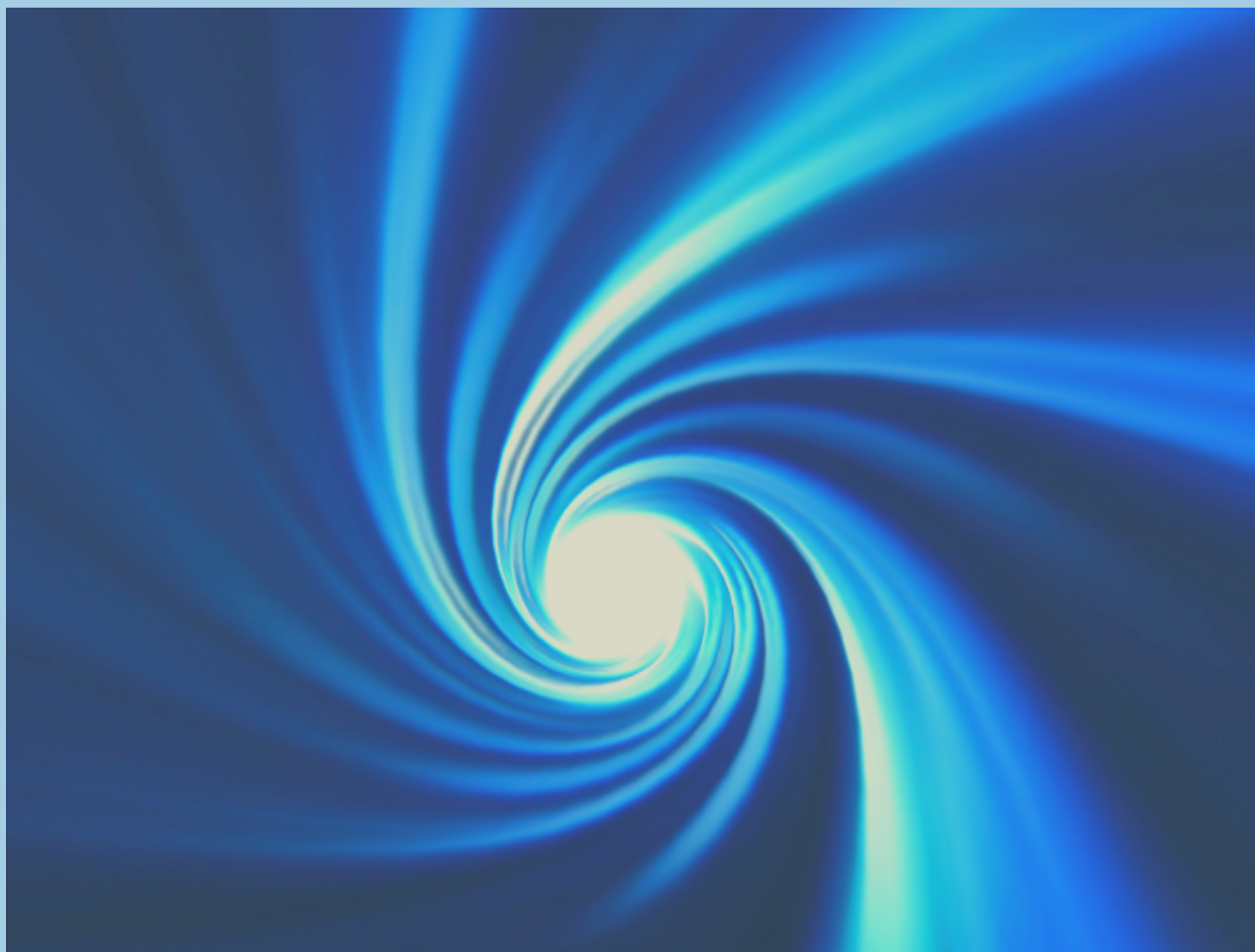


TIPS TO CONNECT WITH YOUR TEEN

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Coaching & Support For Parents of Teens

Being a parent can be hard. Being a parent to a teenager can be..challenging!

They do not come with a manual that you can refer to. They are all individuals. They are complex!

Teens share some common traits:

- **Parents are embarrassing**
- **Their peers are fascinating**
- **Floors are actually made for their clothes**
- **Grunts are a form of communication**
- **They need more sleep than you**
- **They dislike being told what to do**
- **They know best**
- **They love to have the last word!**
- **Their brains are changing**
- **They do not see risk until their early 20's**

Tips

- **Manage your own stress..take a breath & pause before talking/shouting**
- **Be ready to listen when they are ready to talk**
- **Talking in the car, on a walk is less tricky than face to face interactions**
- **Do something together that they like...play the XBOX (I always lose!)..do nails..watch their favourite films..text them rather than shout upstairs**
- **Try not to fix..they may know what to do but need a sounding board**
- **Be firm but fair**
- **Be consistent**
- **Try & not take it personally..you are the safe place to test out boundaries (it is a compliment?)**
- **Know that this is a phase..just like the terrible 2's**

How Can I Help?

- You may need to talk about how you feel
- You may need some new strategies
- You may need to talk about your fears
- You may need help to find better ways to keep calm

I am available to support you!

**Use the Contact form or email:
lauramorrisseycounselling@gmail.com**