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Ways to Connect with Your Teen



1. Have family meals.

If you can't eat together every night, schedule a regular weekly family dinner night that works with your child's schedule.

2. Share "ordinary" time.

Even times spent driving or walking the dog together offer chances for your teen to talk about what's on his or her mind.

3. Get involved.

Go to sporting events, ask about school projects, learn about what your teen likes to do in his or her free time. Look for chances to join in your teen's latest hobby.

4. Get to know your child's friends.

Knowing your child's friends is an important way to connect. Make your home a welcoming place for your teen and his or her friends.

5. Be interested.

Make it clear that you care about your teen's ideas, feelings and experiences. Really listen to what your teen says.

6. Set clear limits.

Involve your teen in setting rules and consequences. Choose your battles and try to provide choices in the matters that are less important.



Family Resource Center Association