

## **Communicating with your Teenager**

A good conversation between parent and teen is where each is free to share experiences, thoughts, feelings and desires in an **open, non-judgmental, accepting atmosphere**

### **The use of put-down messages**

- Imply criticism of one's character
- Judgment on one's personality
- Damage one's self-esteem
- Teens may become defensive,
- Feel misunderstood and rejected
- May retaliate with critical, or rude remarks or
- May shut down

### **Talking at instead of Talking with**

- Imposing one's view
- Giving orders
- Offering quick solutions
- Threatening
- Are invalidating, belittling, and dismissive

### **Offering unsolicited advice and solutions**

- Ignores the child's emotions
- Does not convey empathy
- Closes the flow of communication
- Implies that the parents are superior
- Teens may feel dismissed
- Think that parents are not interested