

# Ten Top Tips<sup>©</sup>

## when teens want to improve communication with their parents

Teens! What would it be like if your parents actually listened?  
Here are ten tips that may help you improve communication with your parents!

1. **Be honest.** Your parents want to trust you and you want to be trusted to make decisions and have more responsibility and freedom.
2. **Make a point of approaching your parents to talk.** It doesn't have to be about topics you would rather keep private. But it is important for parents to feel included in your life.
3. **Make a time to talk to your parents about important issues.** Ask them for a time when they will be free from other distractions.
4. **Ask for what you want clearly, directly and respectfully.** Being demanding and aggressive will only put your parents off-side.
5. **Attempt to understand your parents' point-of-views and let them know you understand what they are trying to say.** Isn't this what you want from them?
6. **Recognise that your parents also have ups and downs.** Be tolerant with them and give them space when they need it, just as you would expect from them.
7. **Try to stay calm when discussing issues of conflict.** Yelling, swearing and name-calling is probably not going to help your cause! If things begin to get heated, call for a break and suggest you talk more when everyone is feeling calm.
8. **Try negotiating when you and your parents don't agree.** This means you offer to compromise on certain issues. If your parents see that you are willing to meet them half way they will be more likely to compromise with you.
9. **Plan what you're going to say to your parents,** especially in relation to the issues that are most important to you.
10. **Accept that parents say 'No' and sometimes you'll have to deal with it.** This doesn't mean you have to agree with your parents about every issue over which you conflict. You can still voice your opinion and let them know why it's important to you.



**CENTRECARE**

*"People making time for people"*