

Parenting Teens EZine  
From Saso Seminars - Patt and Steve Saso  
**Parent-Teen Conversation Tips**  
June 2009

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**Parenting Tip This Month:** Research conducted by the Search Institute found that 3 out of 4 teens report they are unable to go to their parents with important concerns. Here are tips to get those conversations going.

Plus more parenting tips in our free June 23<sup>rd</sup> teleseminar: "How to Communicate Much Better with your Teen"  
<http://www.sasoseminars.com/tele.html>

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**Parenting Teens Just Got Easier!**  
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**June 2009 Featured Article**  
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**Parent-Teen Conversation Tips**

By Patt Saso  
[www.SasoSeminars.com](http://www.SasoSeminars.com)

Do you find your teen is talking to you less?

"My son hardly talks to me anymore! When I ask him a question, he just grunts or says, *Yeah*," Tom shared.

"My eighth grade daughter comes home from school, goes into her room, and shuts the door without even acknowledging my presence! She used to tell me all about her day but not anymore," piped in Monica.

Sound familiar?

Keeping open the lines of communication is important, especially during the teen years. Staying connected may become more challenging as your teenager starts talking less to you. This usually starts around 7<sup>th</sup> grade.

There are many reasons for this.

During the adolescent years, teens are in the process of individuating, that is, moving toward independence. To do this they temporarily move away from parents.

**Talking less to parents is normal teen development.**

Parents often struggle with this predictable change. Many are frustrated as the communication gap seems to be widening. It can be uncomfortable and down right scary at times.

Many parents may feel hurt or upset when they feel pushed away by their teen, and may be confused as to how to open communication when their child appears unwilling to participate.

You don't need to force conversation, although sometimes you may feel compelled to do so. The results can be disastrous, creating irritability or withdrawal in both parent and teen. As impossible as this all sounds, there are ways to make this a win-win.

**Tips to Get the Conversation Going**

There are steps you can take to facilitate conversations without having them end up heated and with hurt feelings. Follow these tips and you will notice a difference.

**ONE: Recognize Developmental Stages**

First, it is important to understand the developmental changes that teens go through. During the teen years they may talk less to you and want to hang out more with friends than with family.

**TWO: Adapt**

Do not take it personally that your teen is speaking less to you, but rather adjust the way you communicate to meet his new needs and capabilities. Accept that his immature behaviors are part of his maturing process. Your child is growing up and it is you who needs to adapt to his changes.

**THREE: Model Respect**

Respect your teen's need for autonomy and privacy. Talking less does not mean that she is trying to hide things from you. Let her know you will be there when she needs you. Keeping your eyes open will help you notice when she is struggling with something. Check it out by asking how she is doing.

**FOUR: Practice Listening**

Don't assume your teenager wants you to fix things when he is struggling. Often he just needs you to listen and validate his experience. You can let your son know you hear what he is communicating by making eye contact, nodding, and saying, "Uh huh." We will be going over in detail in the free teleseminar how to acknowledge his views without getting hooked in.

**FIVE: Facilitate Problem-solving Skills**

Teens have to learn to problem-solve. When you intervene you are depriving your daughter of learning a very important life skill. If you step in to fix things you are conveying the

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message, "You are incapable of handling this." Helping to facilitate problem-solving is much more valuable than fixing the problem for her.

**SIX: Join our FREE TeleSeminar on June 23**

"How to Communicate Much Better with Your Teen"  
Noon - Pacific Time

Communication breakdowns are inevitable during the teen years, and many can be avoided. Come learn how to open up parent-teen communication.

In this teleseminar you will learn active listening skills that will help you reduce conflict, keep emotions from escalating, and build trust and solidify the relationship with your teen.

<http://www.sasoseminars.com/tele.html>

Also, check out "Parenting Tools" on our web for more help with parenting your teen. We have lots of valuable resources.

[www.SasoSeminars.com](http://www.SasoSeminars.com)

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**Announcement Hot Links**  
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**Free TeleSeminar**

<http://www.sasoseminars.com/tele.html>

"How to Communicate Much Better with Your Teen"  
Tuesday, June 23, 2009  
Noon - Pacific Time

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**Saso High School Prep**

<http://www.sasohighschoolprep.com>

• **Summer HSPT Prep Class**

<http://sasohighschoolprep.com/pages/summerHSPT.html>

A great opportunity for your 7<sup>th</sup> grader to get a head start on preparing for the Catholic high school entrance exam, and earn better grades in math & English during 8<sup>th</sup> grade.

• **Summer Essay Writing Workshop**

<http://sasohighschoolprep.com/pages/writingwkshps.html>

This popular workshop only has five spots left in Session B. Sessions A & C are already filled.

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**Parent Coaching**

<http://www.sasoseminars.com/coaching.html>

Is the arguing with your teen negatively affecting your relationship? Parent coaching is designed for building bridges and strengthening the parent-teen relationship.

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**Free Gift for New Subscribers**

<http://www.sasoseminars.com/freestuff.html>

Receive a FREE 12 page research-based report on "Raising Teens That Thrive." Project was conducted by the Search Institute. Free for joining our newsletter Parenting Teens Just Got Easier.

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Until next time,

Patt & Steve Saso  
Parenting Teens Just Got Easier

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(Please confirm the link is live if placed in an eZine or in a web site. Thanks.)