

Home Workout



Information for Parents



Share Ideas and Conversation But Give Your Teen Some Space

According to Eugene V. Beresin, associate professor of Psychiatry at Harvard Medical School, "Middle-schoolers are moving away from their parents and toward their own peer group, to private social lives that are important to them. They need a certain amount of distance."

Beresin suggests these tips for keeping the lines of communication open while respecting teenagers' privacy:

TIPS

- Ask about their genuine interests.
- Tell them something about your day.
- Talk during another activity, so they don't feel they have to perform eyeball to eyeball.
- Ask their opinions.
- Listen to their feelings before asking about the facts.
- Be open to questions, even if they are disturbing. If you aren't sure what your child is asking, say so.
- Be brief. Many short conversations are more effective than a long lecture.
- Use current events or TV shows as openers, and ask what your child thinks.
- Let your teens know that you are proud that they have the maturity to talk to you about their concerns.

"The ultimate measure of a man is not where he stands in moments of comfort, but where he stands at times of challenge."

Martin Luther King

Experts say...

that the worst time to try to talk to teenagers is right after they get home from school or activities.

They need time to unwind, just like adults do.

The two best times to talk are while driving in a car and at bedtime.



For More About:

Communicating with Teens

- *Living with a Work in Progress: A Parent's Guide to Surviving Adolescence*
Carol Freeman, National Middle School Association
- *The Roller Coaster Years*
Charlene Giannetti and Margaret Sagarese, Broadway Books.
- *Let's Connect*
Laurence Kutner, Philips Consumer Communications.

Resource

National Clearinghouse on Alcohol and Drug Information
(800) 729-6686