



10 TIPS FOR RAISING TEENAGERS

- ◆ When making a rule, clearly review the consequences of breaking that rule ahead of time. This prevents any debate when/if the rule is broken. Remember, they cannot argue with you and the consequences if they know what to expect ahead of time.
- ◆ No visitors to the house unless an adult is home. That rule protects them and you.
- ◆ Look for opportunities to praise them as much as you find opportunities to object to their behaviors.
- ◆ Speaking of which, DO NOT debate with your teenager.
- ◆ When your teen is talking to you about something, stop what you are doing and give eye contact. This makes them feel they are being heard.
- ◆ Make time for you and your teen to communicate. It's an important enough item to put on your calendar - and to be protected from being "bumped".
- ◆ Know your teenager's friends. This will give you an idea of the influences on them.
- ◆ Let them know that you're interested in what's happening in their lives. They don't always understand that unless it's said out loud.
- ◆ When you can, be involved in school things, extracurricular, fun events, etc.
- ◆ Your relationship with your teen is everything. The media will tell them through music, TV and movies that they don't need you or a relationship with you. You need to make sure they know that's not the case. They are important to you, make sure they know it!