

Cues for Communicating with Your Teen

DO'S

Face it (Eph 6:4)

When situations arise, face it head on with your child. Work together to allow your child to see **that you are there for them, unconditionally**, and that consequences may have to be accepted.

Listen (James 1:19)

It's a struggle for parents to hear their children out. Do it. Be silent. Allow them time to speak and complete their thoughts and explanations.

Pause (Prov. 17:27)

When discussing situations with your teen, BREATHE. Allow time to be still be attentive to what it is your teen is working hard to communicate.

Assure

Kids need to be reassured that you are for them, not against them. In all areas of life, they need you to be the cheerleader.

Allow time to revere their individual person created in God's image

Convict

Go for the heart of the issue. Help your child search their own personal and Christian convictions when discussing issues pertaining to friends and conflicts within the relationships

DON'TS

Flee

It's easier to run away from any situation, than face it. Allow your child to work through the issue. **Don't take the easy way and move on to another matter or dismiss the inappropriate behavior.**

Leap

It easier to "jump to conclusions" when discussing situations and issues that have brought about negative behavior.

Remember, there is a need here that must be addressed.

Pounce

We simplify issues by ambushing our teens with, "You should know better". At times, they should. Peer pressure is incredibly intense at this time in their lives. Work to hear their reason for a particular type of behavior.

Assume

At times we assume that we know what our teens are going to say, what they are going through and how they feel about things. Allow your child to express themselves. They do a great job when given the opportunity.

Condemn

Most of parents approach friendships negatively, pointing our negative things about friends and issues between them. Allow space to let your teens discover the negative issue on their own.

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Validate

Quite often we don't understand the illogical thinking of our teens. Therefore, work to validate their feelings. Allow them to feel rather than tell them that they should not feel a certain way.

Pursue (Prov 14:29)

Go for the heart of the issue and of your teen. Discover their need; look inside rather than outside to understand their words, actions and heart.

Hug

Teens need touch. Physical affection such as hugs, gentle pats, and a simple tap on the shoulder or brush on the back is a wonderful assurance of your love for your teen. Try it!!!

Spiritually Open

Allow your children to observe you seeking God's word, praying for guidance and working to understand things when they are just darn hard to understand. Allow them to see you exercise your grip on God's faith; even when it's a challenge.

Varnish

We tend to minimize our teen's feelings because we don't understand or haven't felt what they are feeling. Don't gloss their feelings...

Provoke (Eph 6:4)

Scripture says we should not provoke our children to anger. Be careful not to shut them down, or belittle them in front of friends or in public situations. Offer your teen the respect that you would like to receive from them.

Hide

It's typical for us to believe as parents that our teens have outgrown the need for physical affection. Be aware: This time is crucial for development. **DON'T HIDE YOUR AFFECTION!**

Spiritually Closed

There's no worse example than failing to seek God. What kind of hypocrite are we if we fail to get into God's word, but require our children to do devotions?