

5 Ways To Connect With Your Teen

- 1.** Show an interest in what is important to your child to show you care.
- 2.** Share things about yourself and find ways to make connections and identify shared interests.
- 3.** Ask your child about their opinions, views, and perspectives so that you can understand their feelings.
- 4.** Build on the communication you had with your teen when they were younger – communication is important from babyhood to adulthood, and if you and your child communicated well, shared your feelings and thoughts, it is more likely that this will continue as they progress through adolescence.
- 5.** Be an active listener. Active listening is important when interacting with your child. An active listener is engaged, caring, non-judgmental, and empathetic, even when (and especially when) they don't agree with others' views. While some of your teen's beliefs or opinions may differ from your own, you need to respect and value their views. This will also help them to respect your views and opinions. Listening actively helps children to feel heard, understood, less alone, and calmer. By contrast, if we don't listen properly, we risk making them feel as though we are brushing off their concerns and invalidating their feelings. This can leave them feeling defensive, frustrated, alone or hurt. If we don't listen, we risk making them feel as though we are brushing off their concerns and invalidating their feelings.

Source:Unicef.org

