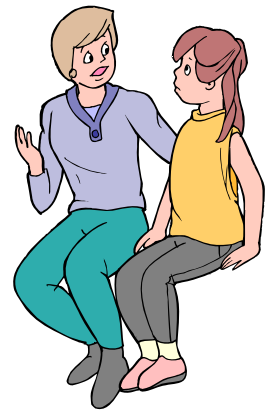




Ways to Start a Conversation with Your Little

- On a scale of 1 to 10, how would you rate today (with 1 being terrible and 10 being terrific)? What made it that way?
- What was the high point of your day? What was the low point?
- Tell me the good news and bad news about school today (or soccer practice, camp, etc.).
- What's a thought or feeling you had today?
- What happened today that you didn't expect?
- I'm wondering what you're thinking about. Would you like to talk about it?
- Tell me something good that's happened since the last time we talked.
- What's something you've done recently that has made you proud?
- What's on your mind these days?
- What are you looking forward to?



Helpful Tips for Bigs of Teenagers

- Pay close attention when the teen talks to you; do not interrupt.
- Listen between the lines. Observe facial expressions and tone of voice.
- Keep focused on the issue. Teens are very adept at changing the subject.
- Give him or her space and privacy. Do not snoop.
- Avoid getting involved in a power struggle. You're the boss by default; you don't need to prove it.
- Stay involved. Do not abdicate responsibility. The teen needs your involvement more than ever.
- Set limits. The teen is on the fence between childhood and adulthood and is afraid to jump either way – so he or she just dangles his or her feet a bit on both sides.
- Insist on personal accountability. Don't allow the teenager to put the blame for their actions on others.
- Maintain a sense of humor.

