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TIPS FOR *LISTENING*

BETTER TO YOUR TEEN

Ask your teen if they feel listened to. If you have been working on having good communication, they will let you know. Sometimes they will express the need politely, and sometimes it may come up in the middle of an argument.

Don't ignore what they say, even in the midst of conflict.

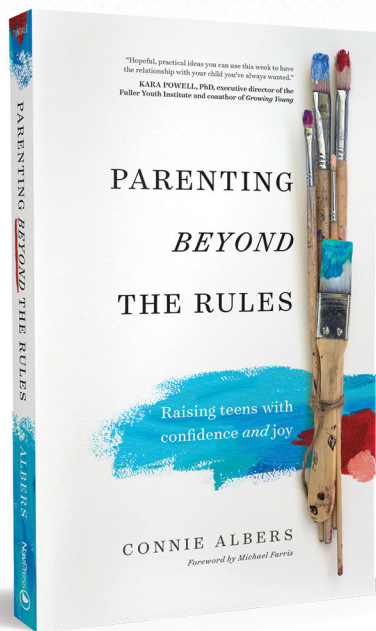
Make time to listen.

Say no to scrolling through social media when your teen is around.

Plan a special biweekly or monthly date night, even if all you do is get ice cream and walk around together.

Set aside time when your child can talk late at night.

Give your teen permission to look away while they tell you something, knowing it doesn't mean they are being disrespectful. Consider they might not be mature enough to look you in the eye and see your reaction to their words.



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Listening...

Five Benefits of Listening To Your Teen

- ...helps you understand their thought process.
- ...shows value and respect.
- ...provides useful information so you can articulate a thoughtful response.
- ...teaches them to become better listeners.
- ...earns their trust.



CONNIE ALBERS spent 25 years parenting her five children and 20 years working with teens. She is a popular speaker and writer dedicated to strengthening families, parenting, homeschooling teens, faith-filled living, and leadership. Her practical content inspires and equips parents in the trenches. Connie has been a spokesperson for a Fortune 500 company as well as serving as a director and board member for a nonprofit state homeschool organization.

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