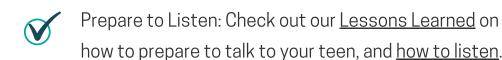
## LESSONS LEARNED: 5 THINGS TO REMEMBER



- Pick the Right Time, not when they are dealing with schoolwork or when either or both of you are tense.
- Easy Conversation Starters: "I see you've been struggling lately" or "I see this is hard for you."
- Don't ask, "What's wrong?" It can make kids of all ages freeze up so the likely response will be, "Nothing." That builds a wall.
- Don't be the Fixer: it's common for parents to want to jump in and fix the problem especially with teens.

  Don't try to tell them how to fix what's bothering them unless they specifically ask you for advice.

