

LESSONS LEARNED: 5 THINGS TO REMEMBER

- ✔ Prepare to Listen: Check out our [Lessons Learned](#) on how to prepare to talk to your teen, and [how to listen](#).
- ✔ 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.

