



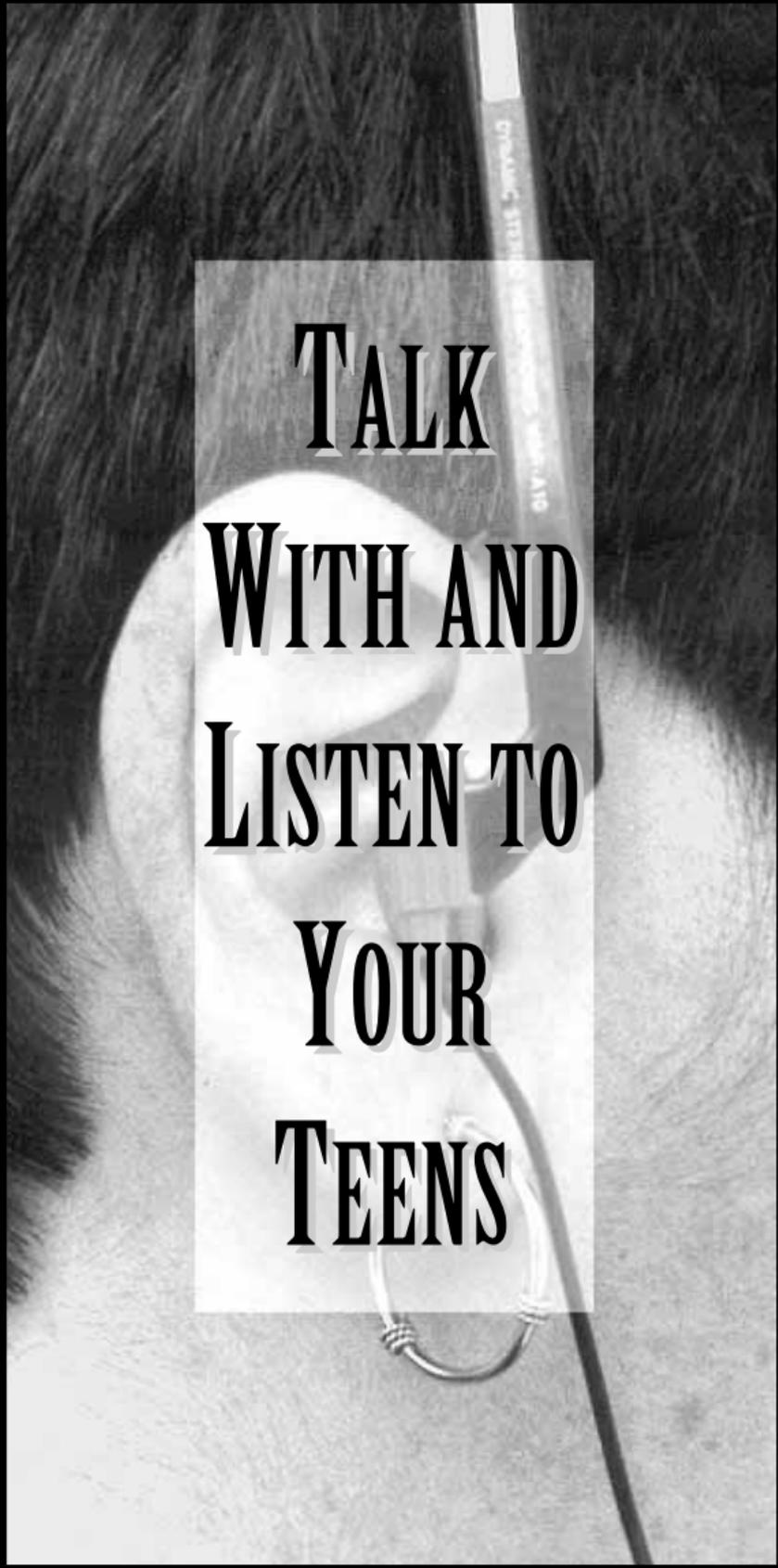
COOPERATIVE EXTENSION SERVICE

UNIVERSITY OF MARYLAND AT COLLEGE PARK

UNIVERSITY OF MARYLAND EASTERN SHORE

Leaflet 269

PARENTS OF TEENS: SHOW YOU CARE



**TALK
WITH AND
LISTEN TO
YOUR
TEENS**

PARENTS OF TEENS: SHOW YOU CARE



Talk With and Listen to Your Teens

You may think your teens live in a world all their own. In some ways they do and in other ways they do not. Sometimes they want to be alone and do not want to share their thoughts. Other times they want to be a part of your world and a part of what you are doing. Share your thoughts with your teens. Tell them what you feel good about and what worries you. Talk about your plans for the future. Let them know what your hopes are for them.

Just as your teens value what you think, you should value what they think. Tell your teens that their ideas and feelings are important to you.

Ways to Talk With and Listen to Your Teens

- Take time to talk with and listen to your teens.
- Listen more than you talk.
- Value what your teens tell you.
- Let your teens know they can trust and confide in you.
- Praise your teens.
- Avoid threatening your teens.
- Share your concerns and interests.
- Try not to argue with, preach to, criticize, or nag your teens.
- Use mealtimes to listen to your teens.

Other leaflets in the *Parents of Teens: Show You Care* series are

L 270 Spend Time With Your Teens

L 271 Get to Know Your Teens' Friends

L 272 Show Affection to Your Teens

L 273 Involve Teens in Family Decisions

L 274 Show Confidence in Your Teens

L 275 Help Your Teens Do What Is Right

L 276 Talk With Your Teens About Sex

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