

# Building An Empathetic Approach To Communication

## Tips for communicating with your teen

- Show genuine interest in things important to your teen
- Ask for their views and opinions
- Listen to them attentively
- Ask clarifying questions and provide affirmative feedback
- Empathetically validate what they express
- Show trust and avoid being a dictator



## Ways to help teens open up

- Participate in activities with your teen
- Ensure you spend quality time with family
- Be a role model for appropriate behavior
- Teach stress management to your teen

## Understand emotional and mental health issues

- Recognize signs of normal and concerning disrespectful behavior
- Keep track if anxiety and frustration are continuous
- Wait for your teen to calm down before continuing a discussion



## When to seek medical attention

- Challenging behavior is persistent
- There is a negative impact on the family
- You are unable to cope with your teen's behavior

## REFERENCES:

- 11 tips for communicating with your teen; UNICEF
- Tips for Communicating With Your Teen; Child Mind Institute Family Resource Center
- How To: Get Your Teen to Open Up; SCL Health
- Understanding Your Teen's Emotional Health; American Academy of Family Physicians
- Challenging behaviour – teenagers; The Royal Children's Hospital Melbourne