



Communicating with Your Child and Teen Tip Sheet

- Remain in control of your emotions.
- Convey positive body language so that your child/teen will be comfortable telling the truth.
- Wait your turn. Do not interrupt your child while they are talking to you.
- Avoid distractions while communicating with your child/teen.
- Show empathy and genuine interest even if you don't fully understand the situation or issue your child is addressing.
- Commend your child for confiding in you and trusting that you would support them.
- Facilitate role playing activities as indicated on the exercise sheet and encourage your child to give you their perspective and point of view.
- Practice being an active and engaged listener.
- Always communicate with your child with complete honesty.