

✚ Strengthen the Bond with your Teenager

Parental Self Awareness – Your Strengths, Goals and Commitment

Awareness of Teens – What is going on with them? Many factors come into play here.

Teen Brain, Teen Mind – They are supposed to separate, but not at this rate!

The Relationship must be good in order to Influence - Treat your Teen with Respect

Reflective Listening – Empathizing does not mean Agreement

Eye Contact is Difficult – Talk late at night, in bed, in the car, in the dark, in a restaurant

- **Affirm Your Teen's Strengths in Writing and Give it to them**

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