



TIPS FOR CHILDREN

- **Treat your child with respect.** Don't talk down to them.
- **Be their support.** Show them you're there no matter what.
- **Don't isolate your child for poor behavior.** Guide them toward positive solutions.
- **Keep consequences short and age appropriate.**
- **Reconnect after being away.** Carve out time together after an absence.
- **Be here now.** Be present! Make time!
- **Work together.** This builds confidence and competence and allows for bonding. Cook, bake, clean, craft, outside activities, etc. are fun and simple.
- **Schedule special outings together without siblings.** Alone time helps you catch up with your child, stay in touch with their feelings, how they're doing and lets you know if they need help.

TIPS FOR TEENAGERS

- **You are the parent.** Your job is to prepare your child to become an independent adult. They need moral leadership.
- **Remain calm.** If you can't respond rationally, take a break and de-stress.
- **Talk less and listen more.** Always be "safe" and available for them to talk.
- **Respect boundaries.** Encourage learning and let them make mistakes.
- **They're always watching.** You are their role model for values. Be trustworthy, responsible, honest, resilient and good-hearted so they learn.
- **Make expectations clear.**
- **Praise good deeds.** Actively look for, and praise, things your child is doing right.
- **Be real.** Admit your own confusion and mistakes. Apologize when appropriate.
- **Schedule unplugged time with family.**
- **Lighten up!**

FOR MORE INFORMATION, VISIT:

http://www.huffingtonpost.com/annie-fox/10-tips-for-improving-parent-teen-relationships_b_6737916.html

http://www.huffingtonpost.com/dr-gail-gross/how-to-build-a-positive-relationship-with-your-child_b_6174996.html