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TIPS FOR BETTER COMMUNICATION WITH YOUR DISTANT TEEN

1

DON'T TAKE IT PERSONAL

THEIR SHORT ANSWERS OR LACK OF EYE CONTACT
MAY NOT BE MEANT AS DISRESPECT

2

HAVE A CALM PRESENCE

MISERY LOVES COMPANY SO KEEP YOUR MOOD
LIGHT AND POSITIVE

3

BE PATIENT

GIVE THEM TIME TO RESPOND. PRESSURING FOR
AN ANSWER IS A SUREFIRE WAY TO GET THEM TO
STOP TALKING

4

BE CURIOUS

ASK OPEN-ENDED QUESTIONS THAT LEAD TO MORE
OPEN CONVERSATION

5

COMMUNICATE OPENNESS VERBALLY AND NONVERBALLY

SHOW THEM THROUGH YOUR BODY AND WORDS
THAT YOU ARE INTERESTED AND CARE

