

# POSITIVE PARENTING TECHNIQUES

## With Adolescents

Many parents and caregivers feel ill-equipped to have difficult conversations with the young persons in their care. Having positive, open communication can help foster safe and reassuring relationships.



Resources: Positive Communication with Your Teen.  
[www.siphidaho.org/community-health/app-positive-communication.php](http://www.siphidaho.org/community-health/app-positive-communication.php).

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### Become An Askable Adult

Be approachable and open to questions. Letting the young person in your life know that they can come to you for anything can encourage positive interactions.

### Give Your Undivided Attention

Turn off the television, put down your phone and listen intentionally to what they are saying.

### Acquire A Broad Foundation

Be available to talk about more than just sex, include topics concerning consent, healthy relationships, emotions, reproduction, and much more.

### Don't Focus On Embarrassment

Your child is embarrassed too! Never make fun of them for the questions or conversations they want to discuss. Remember, you were once a teen too!

### Stay Calm

Tough issues such as dating, sexual activity, curfew, and driving privileges can cause strong reactions, listen more and keep responses positive.

### It's Okay If You Don't Know All The Answers

It's okay to follow up later or take time to think about how you want to answer.