

Living with Teenagers- Top Tips

“Please hang the towel up after you shower so it can dry.” NOT “Don’t leave the towel on the floor”.

‘Aim for the message to be, ‘I love you but I dislike that behaviour’.

Talk about your teenager’s behaviour, not them as a person. This avoids labelling them as ‘silly’, ‘rude’ ‘ etc

SAY WHAT YOU WANT TO HAPPEN

Separate the person from the behaviour

I find it difficult to hear/talk when you are shouting

USE “I” LANGUAGE
- talk about yourself

. NOT “You are making me annoyed” or “You are making it difficult

CATCH them BEING GOOD

PROVIDE CHOICES or the illusion of choice!

You have a choice. We can either sort this out now or, if you prefer, we can sit down after dinner to discuss it.”

AVOID THE TRIGGERS

Work out when/where the behaviour goes wrong and change the situation!

If your teenager comes home from school hungry and grumpy, start with a snack and drink rather than tackling the fact they left the bathroom in a complete mess

BROKEN RECORD

Say it and say it again and again. Say it just as calmly every time.

AVOID THREATS

Especially empty ones. If you say it, you must carry it through!

‘Thanks for tidying away the breakfast.’Or ‘I liked the way you dealt with that so calmly.’