

## "Parent Tips"

### What Teens Wish They Could Tell Their Parents

1. Get to know me.
2. Tell me you love me even when I'm in trouble.
3. Take care of me when I'm sick.
4. Pay more attention to me. Talk to me.
5. Be honest.
6. Don't call me names. Don't put me down.
7. Put your arm around me and hug me more.
8. Be straightforward without being rude.
9. Compliment me more.
10. Don't single me out and treat me differently than the other kids.
11. Practice what you preach.
12. Raise me in a safe environment.
13. Trust me. If I've broken your trust, give me room to prove I deserve it again.
14. Be there.
15. Talk to me about life. Don't just say "deal with it!"
16. Validate my feelings. Tell me it's okay to feel that way.
17. Don't yell so much around kids or at kids.
18. Don't do drugs.

The above is from the Center for Human Development [www.chd-prevention.org](http://www.chd-prevention.org) and was collected from school based prevention groups in the West Contra Costa County Schools.

## Tips For Talking With Your Child

### Open Questions

A closed question can be answered with a single word or phrase leaving little room for discussion. Some closed questions can be answered only yes or no. Other closed questions blame or criticize:

- "Do you think we're made of money?"
- "Don't you think you should do your homework tonight?"
- "Why did you do that?"

Open questions invite your teenager to keep talking and can show respect. They show that you want to listen:

- "How could you earn money?"
- "What makes your math homework so hard?"
- "How do you feel about that?"
- "What would you rather do?"

O = Open Questions

P = Patience, through our questions, we show our patience to listen

E = Encouraging, we ask questions in an encouraging manner

N = Non-judgemental, what we ask and how we ask places no judgement.

Open prompts:

"I am wondering about..."

"Tell me more about..."

"How do you feel about..."

"Describe to me..."

What did you notice about..."

Use open questions and prompts to explore alternatives to a problem:

1. Understand the problem.
2. Brainstorm ideas to solve it.
3. Discuss an idea.
4. Choose an idea.
5. Use the idea.