

Communication Skills with (and for!) Teens & Tweens

What are your basic communication tools? These 5 have proven to be very helpful in all kinds of human interactions with: peers, partners, professionals, even between parents & kids! Think of how many situations you can use these with teens and tweens in your life...

ENCOURAGEMENT (reinforcing positive behavior)

1. Notice something you like.
2. Notice how you feel.
3. SAY IT. ("I feel...that you...")
4. Notice how she/he responds.

CAN DO (giving direction for positive behavior)

1. Notice what you don't want him/her to do.
2. Think of something he/she can do instead.
3. Tell him/her what he/she can do.
4. Help him/her if necessary.

CHOICES (problem solving together)

1. Help her/him understand the situation.
2. Together think of two or more reasonable choices.
3. Have her/him choose and tell you the choice.
4. Help her/him follow through.

SELF-CONTROL (keeping perspective when upset)

1. Pay attention to body messages telling you that you are about to lose control.
2. Think of ways to control yourself.
3. Choose a way and get control of yourself.
4. Decide how to act with him/her.

RESPECTING FEELINGS (acknowledging whatever the other is feeling)

1. Watch and listen to her/him.
2. Think of a word that describes what she/he might be feeling.
3. Think about why she/he might be feeling this way.
4. Check your ideas out with her/him.

These communication skills are from the *Parenting Skills Workshop Series*®. For more info on that program and upcoming workshops, please visit <http://ccetompkins.org/family/parenting-workshops>

Thanks for all you do! Please forward to your networks. If you'd like to comment please email

kmbennett@tompkins-co.org



Community Coalition for Healthy Youth
c/o Tompkins County Youth Services Dept.
320 W. ML King Jr./State St., Ithaca
607-274-5310 www.healthyyouth.org