

How To Help Your Teen When They Are Struggling

1

Take a deep breathe and know struggle is normal. Nothing has gone wrong, this is life. Get into the mindset of listening and not fixing.

2

Ask your teen to communicate what's going on and JUST LISTEN. Repeat back what you hear your teen say "so what I hear you say is..."

3

Thank them for being open and honest with you. Ask if they want your help with the problem or if they just need to vent

4

Close with "I love you and I am sorry you are struggling. If I can help you or you want to talk more about this later, I am always here for you. Give them a hug (physical touch durning vulnerability builds trust and connection!)

5

Check back in with them later with a quick "How are you doing?"

JCM Life Coaching

JEN MAROULIS CERTIFIED LIFE COACH

Possible titles for presentation...

Parenting with Ease

Parenting 101

The Well Equipped Parent

Tools for Parenting the Teenage Years

Parenting Tools from a Teen Life
Coach

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Often times, problems go away or resolve themselves. Sometimes our teens struggles need a little more help and attention.

If your teens' issues aren't severe enough for therapy but aren't getting solved over talks at the kitchen table with you, I can help.

Click here to schedule a free consult call to see how I can help your teen!

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Teens often just want to vent, be heard & understood. Talking about their problem out loud fires up their own awareness and opens the pathways to self solving.

Giving them a space to be open and honest and say whatever they have on their mind without judgement or “rescue” solutions builds confidence, connection and relief.

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