



## Communicating with Your Teens

Posted October 8, 2015

Debbie Hundley LPC-Intern  
Supervised by Christy Graham LPC-S

Teens are rare creatures; naturally rebellious while longing for acceptance. As parents, we want to do everything we can to make sure our children are successful, happy, and excel in life. Those things are great, but sometimes, more than needing us to push them forward, our teens need us to be the constant in their world of change.

- **Let it go.** – Teenagers are moody. Their brains are developing. Their bodies are changing. Do not take their grouchiness as a personal attack or insult. While it is best to try not to take our teen’s mood changes personally, be aware that depending on the day, he or she may take everything personally.
- **Listen.** – As we want what is best for our children, it can be challenging to simply listen. Take time to listen to your child without trying to rescue your child from his or her “bad” friends, bad decisions, uncompassionate teachers, misunderstandings, etc.... Just listen. They want to be able to tell someone about their day, about their friends, and their lives. Wouldn’t it be great, if the someone they can come to, is you?

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## HOURS OF OPERATION

Monday through Thursday, 8 am to 8 pm  
Friday, 8 am to 5 pm  
Saturday by appointment

## Acorn Counseling Education Services

*Working to strengthen families, children, and the community*

**Christy Graham, President of ACES**

### Understand the question first!

One of the hardest thing as a parent is knowing what to do in the moment. You’re driving along, singing a song and then, your preschooler asks where babies come from, what is a divorce, or asks ‘what does \*%&(@%% mean?’

As a parent, my first instinct is to run away from this or set up a formal ‘discussion’. But luckily, I’ve had it drilled into my head that you first NOTICE the feeling. “Your’re wondering about how babies are made.” Let them elaborate-be clear about the questions they are actually asking. Many times they just want to know if they were born in Denton or Lewisville and that is a much easier discussion than the other one!

This works for all types of communications. Being sure you understand what the other person is saying BEFORE deciding what to say. This clears up a lot of miscommunication before it happens.

**Need other kinds of helpful hints? Join our Facebook Parenting Party November 18<sup>th</sup> to help connect our counselors to our community.**



**1For more healthy living motivation, connect with Vivian, our Wellness Coordinator at [vivian.nichols@yahoo.com](mailto:vivian.nichols@yahoo.com).**

Our counselors will be on Facebook on November 18<sup>th</sup> at 8:30 pm for our first ever Facebook Parenting Party! Sign up today!

As a teacher, I have heard many children say, "...but if I tell my parents, they will get mad." Yes, it is upsetting when we think our child may be around people who are not doing "the right thing", or when our child is making poor choices. This is the time they need to be able to talk to us.

When your teen is telling you about something that happened at school or while out with friends, they are telling you about their lives. If they are in a school setting, they cannot get away from the things that go on around them on a daily basis. Whether we like it or not, our children are around many people of whom we would not approve of, and have no control over.

Our teens consider some of these people their friends.

If you are judgmental or lecture every time your teen opens their mouth about what other people are doing, they will become defensive. They will shy away from bringing up issues they may want your opinion on, if they expect you may "get mad" at them. When you child starts to talk about their friend who keeps getting in trouble at school, or how their friend said something inappropriate to someone else, try not to react negatively. Allow your teen talk. You can teach them the way you want your family to live on a daily basis by being empathetic and a role model for them.

- **Forgive them.** – They may frustrate us or even make us angry at times. They can be so disrespectful. They may blame us for everything that upsets them. Forgive them anyway, and forgive them every day. It is not easy to love someone when you have not forgiven them. Even when it seems like the last place on earth your teen wants to be is where you are, they still need to be loved by you.

Interested in learning more about communication with your teen? Email Debbie at [debbie@acorncounseling.services](mailto:debbie@acorncounseling.services) or call for an appointment 940-222-8703. Debbie speaks Spanish and teaches all about Robots at Bettye Myers Middle School. In her spare time, she works with Abigail's Arms in Gainesville for Acorn.

## CALENDAR OF EVENTS

### Facebook Parenting Party

@ Acorn Counseling Education Services FB Page

8:30 PM TO 9:30 PM

Join us on Facebook for a party to talk about Parenting. We will have excerpts from Christy's EBook, the 4 Components of a Family Diet, and therapists from Acorn will answer comments/questions from those of you who attend. We've seen FB parties for JuicePlus and thought it was a great way to help all the parents we know to ask questions of professionals. Please remember this is for education purposes and is not a substitute for counseling. Also, Facebook is not private so be thoughtful in your questions and comments.

### 7 PRINCIPLES FOR MAKING MARRIAGE WORK

Laura Westbrook, LPC Intern will lead a group for couples based on the highly researched Gottman Method. Contact Laura for more information at 940-222-8703 ext 703.

### PRETEEN GIRLS SOCIAL SKILLS GROUP

Angela Reed, LPC Intern will lead a social skills group focused on girls ages 10 to 14. Will begin when 5 girls are signed up. Contact Angela for information at 940-222-8703 ext 702.

### CHILD PARENT RELATIONSHIP TRAINING

Christy Graham, LPC S RPT S will lead a group of parents in the most exciting, highly researched, Denton created, group that teaches parents play therapy skills to use with their children. Contact Christy for more information at 940-222-8703 ext 700. \$500 per person.

**Angela, Laura, and Ashley are accepting new clients. Call today to find out how they can help you and your family become stronger and closer!**

Acorn Counseling Education Services  
1430 Robinson Road #430 Corinth, Texas 76210  
940-239-9867 fax 940-222-8703 Main  
[www.acorncounseling.services](http://www.acorncounseling.services)