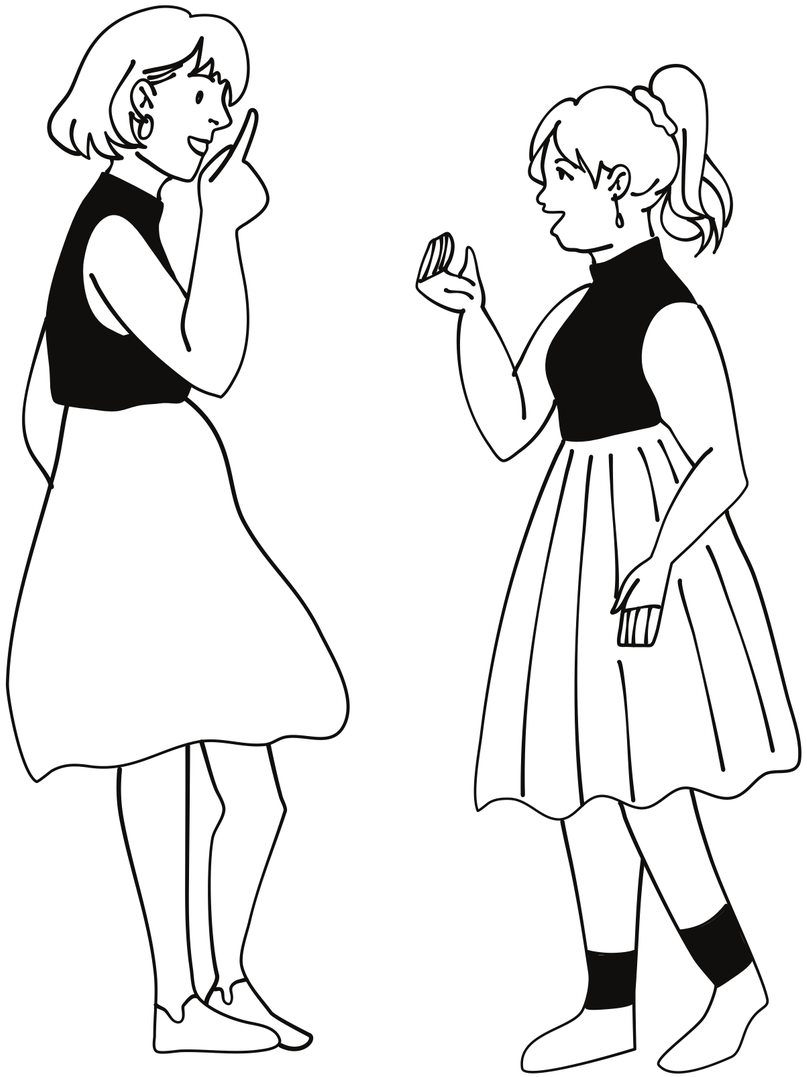
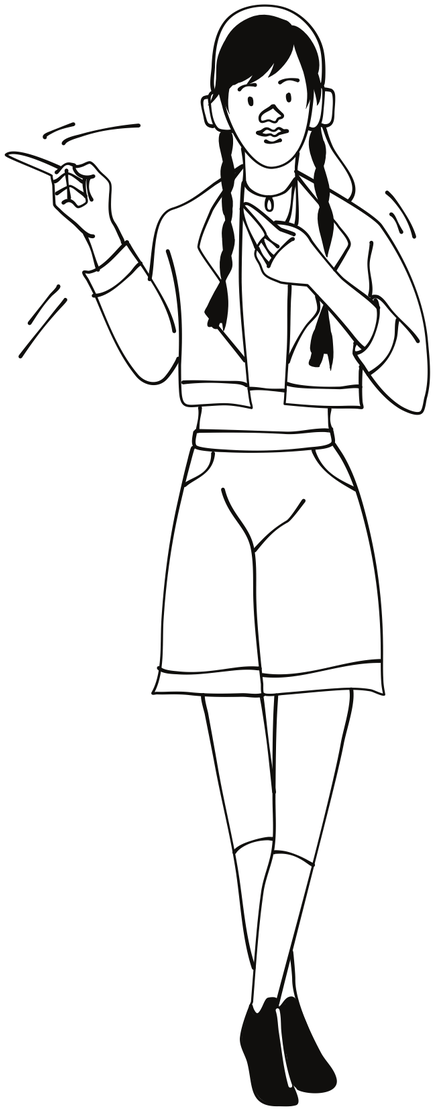
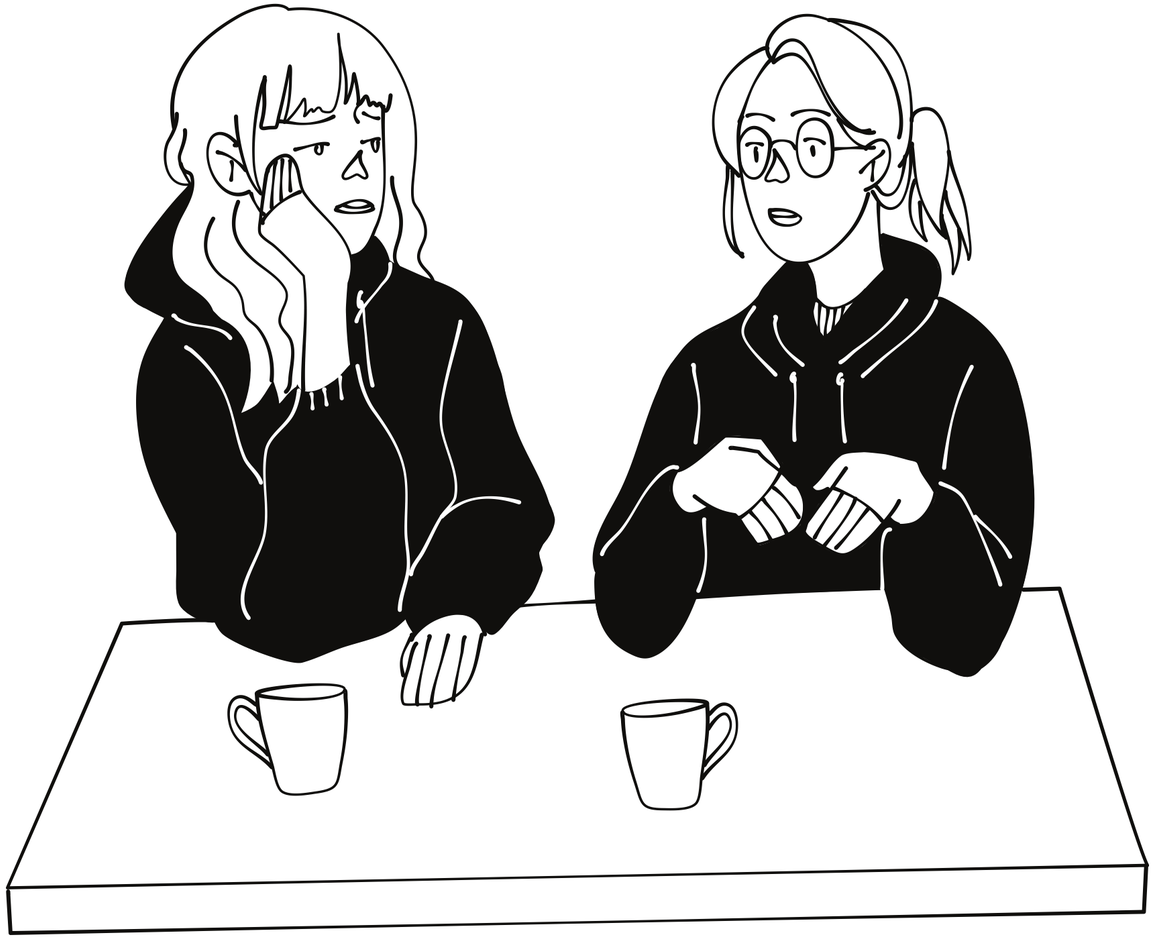


Communication for harmonious relationships!

Communication has the power to break or strengthen any relationship!

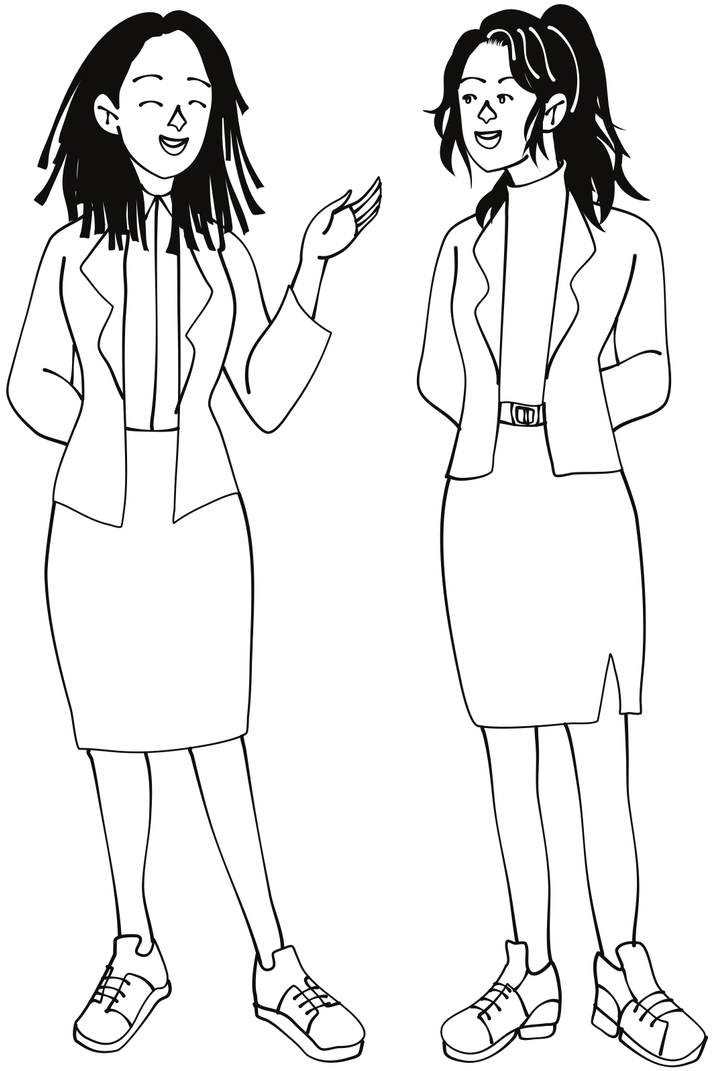
Ways to improve communication with pre-teens and teens!





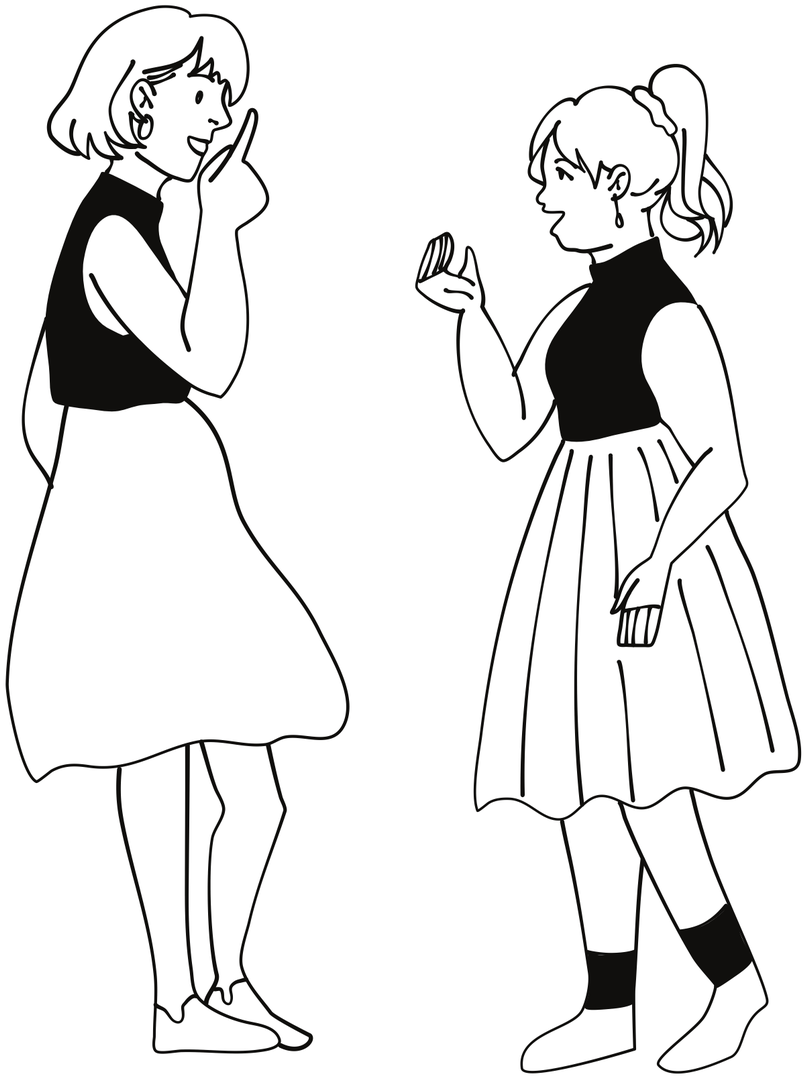
Be a good listener

Treating them as an adult



Understand their worldview

Take them seriously while having a conversation

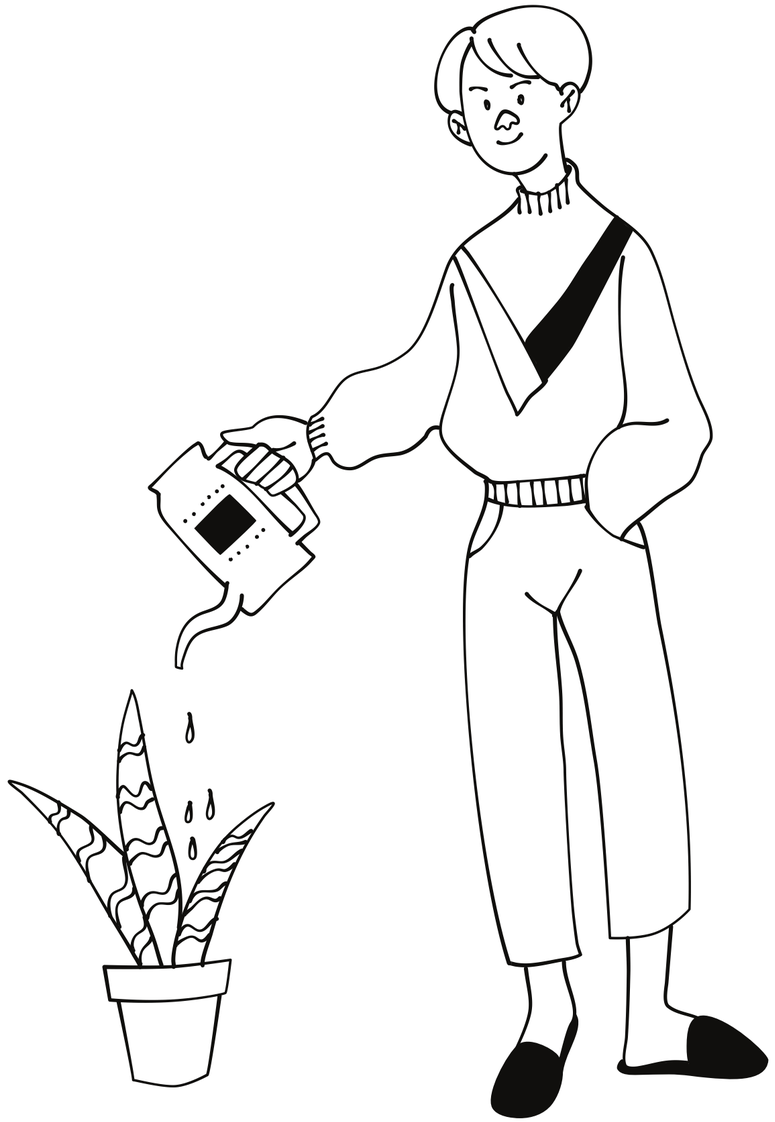


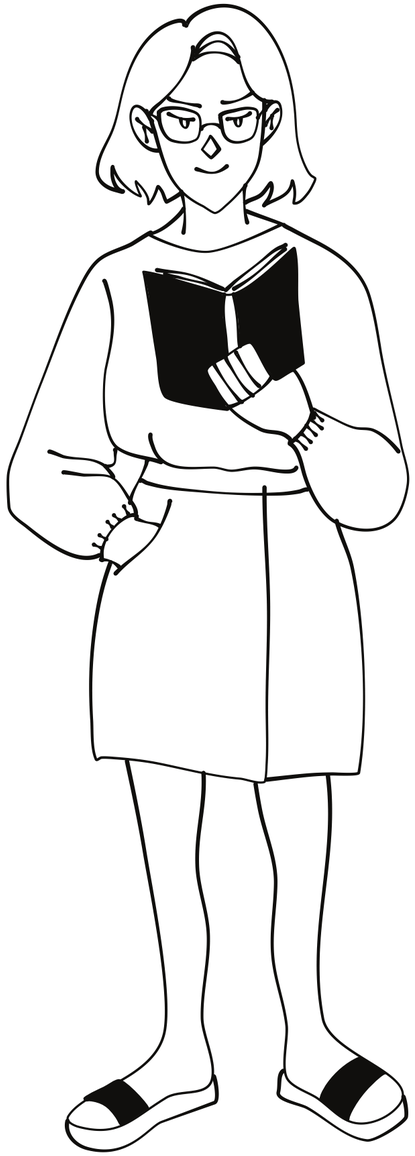
Praise them

Share your feelings

Respect your kid's need of privacy

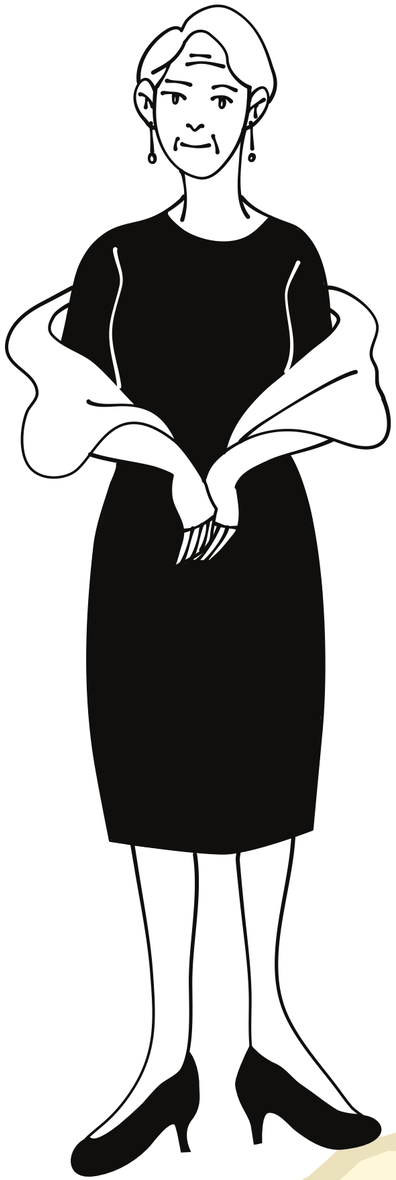
Adress their 'why!'

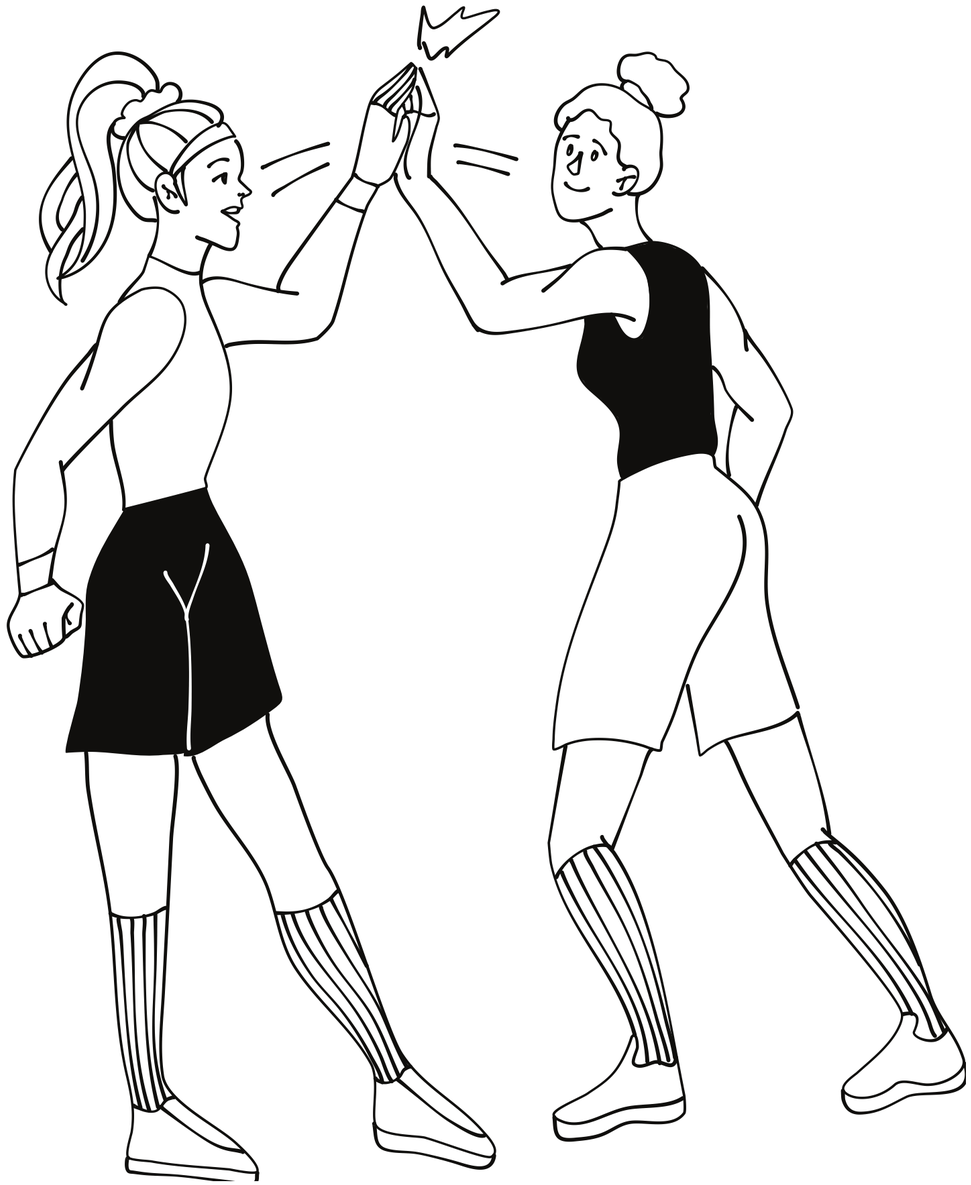




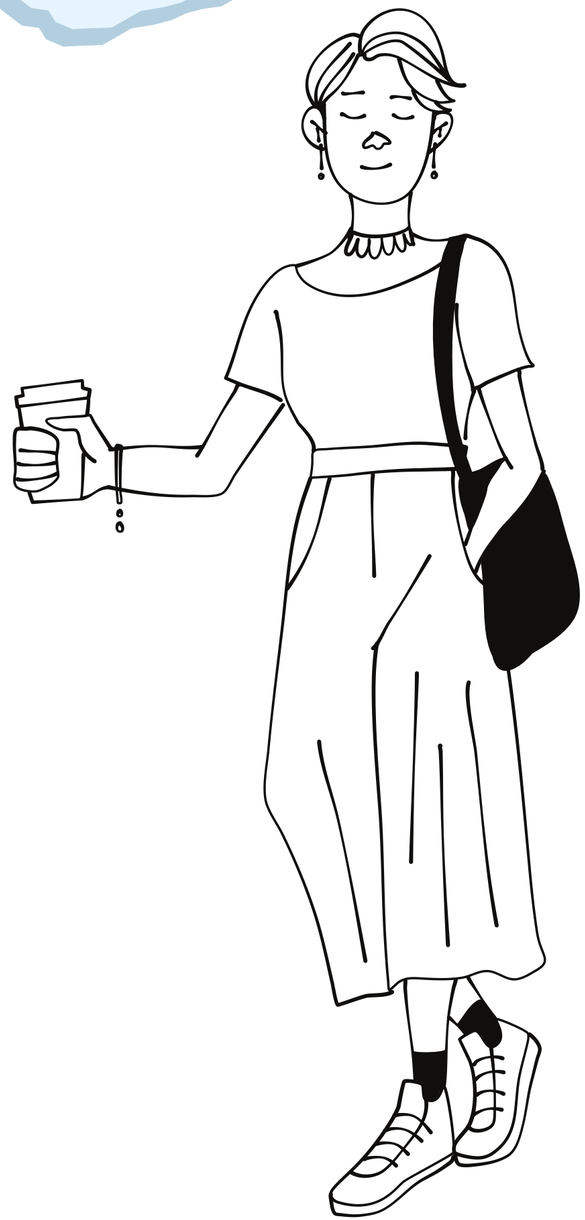
Set clear rules

Always try to positively put your point



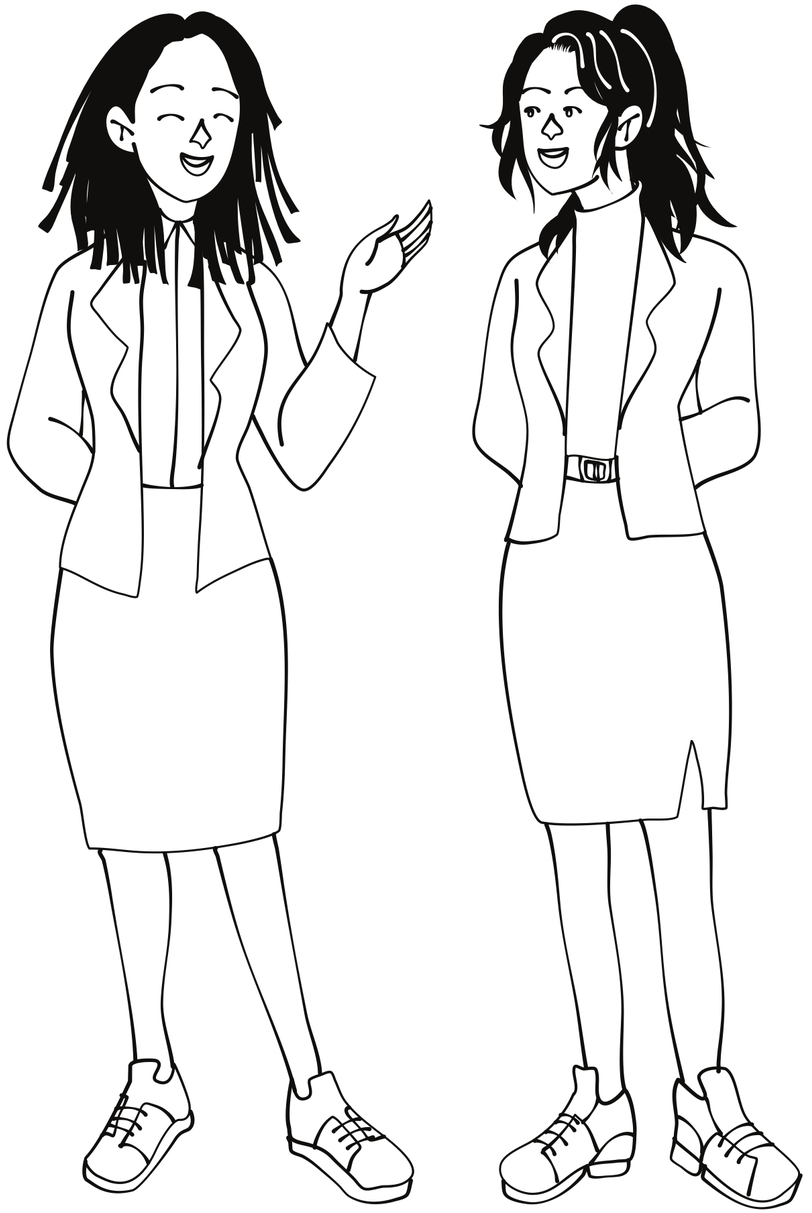


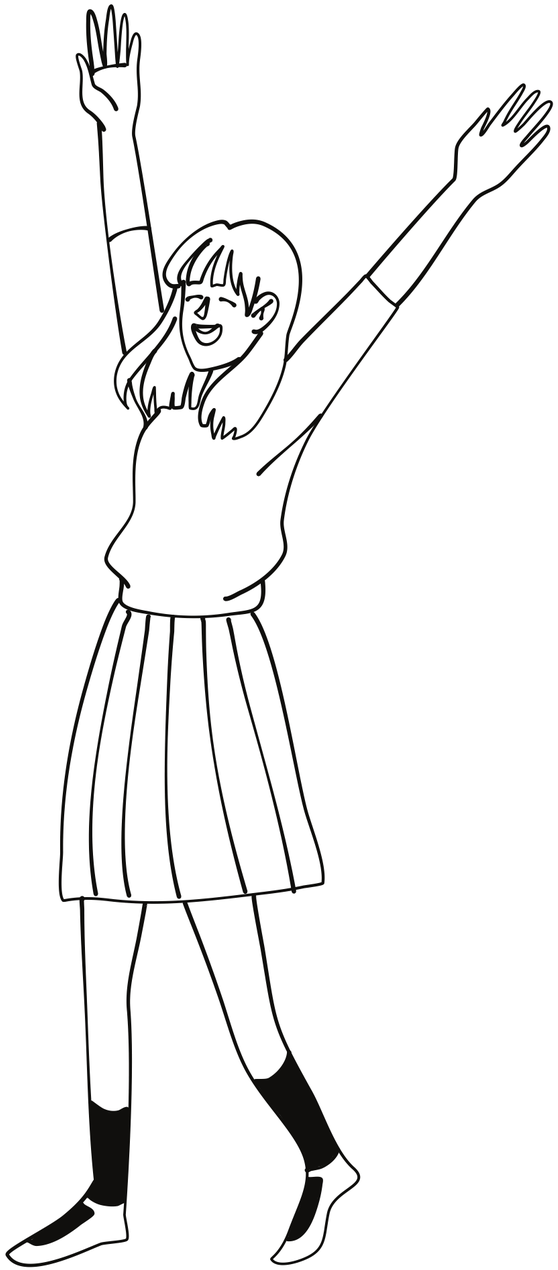
Keep realistic expectations



Do not be extremely authoritarian

Do not nag





Have a free environment for them to be open up

Protect their self-respect

Major benefits of having an open communication channel

- They feel safe, secure and understood
- Strengthen relationships with everyone
- Knows how to portray self
- Learn to communicate
- Learn vocabulary
- Learn to express feelings and emotions