

*Choose a calm time and show that you're available. Show you are interested and ask questions about their likes.*

*Expect rejection and try again later. It may be easier said than done but don't be put off.*

*Structure, healthy eating, outdoor activities and good sleep all contribute. Sometimes a walk can be a great time to talk.*

*Whatever your teen is facing, this doesn't mean you have failed. Remind each other that with love and support things can get better.*



*Take care of yourself. Parenting is HARD! Take some time for yourself and don't be afraid to seek support.*