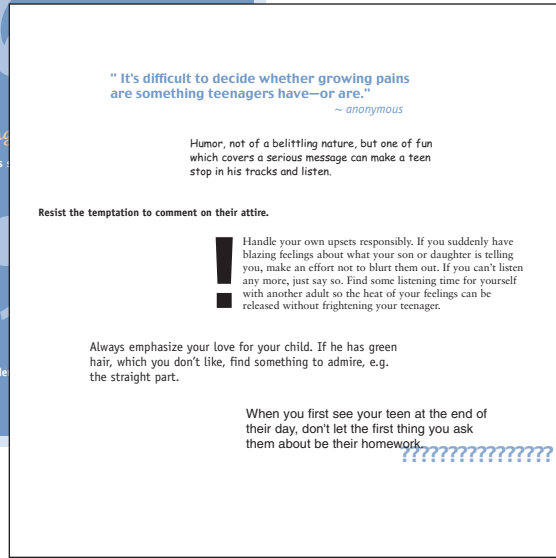


ninety-nine tips for talking with your teenager

The bay area's top local mental health professionals share their expertise.

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Do you need help starting conversations with your teenager? Here are a few tips to get you started!

Tip #9. Once in a while, stay up late with your teenager. The adolescent brain kicks in late at night, and teens will actually talk if you can make yourself available at midnight!

Tip #32. Try to listen more than talk to encourage a teenager to express his feelings. Rather than "What's the matter?," consider "I'm here if you feel like talking."

Tip #84. If your kids don't seem interested in listening to you, you might not be saying anything that captures their attention!

Most parent to child communications center around instructions, reminders, reprimands or questions. Kids are turned off quickly if the subject is not personally interesting or important to them.

These are just a sample of the great suggestions local mental health professionals provided to Adolescent Counseling Services to be shared with parents in our community.

To order your free copy of the *Ninety-nine Tips* booklet, please mail, email, or FAX your information to:

Ninety-nine Tips

Adolescent Counseling Services
4000 Middlefield Road, Suite FH, Palo Alto, CA 94303
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Phone: 650.424.0852 ext. 103 Email: 99Tips@acs-teens.org

Your name: _____

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