Reconnecting with your child

30 days to rebuild communication, trust and shared moments with your preteen or teenager.



FOR PARENTS OF PRETEENS AND TEENAGERS

When you no longer know how to talk to each other, find a way back to one another.

UNDERSTAND • RECONNECT • TAKE SMALL STEPS

A practical guide and a first week of everyday actions.

PREFACE

A first step towards your child

You can live under the same roof and no longer know how to talk to each other. Days go by, questions turn into reminders about rules, and chances to connect become rare. Then comes the worry: “How can I reach out without another argument?”

That is where this little book begins. It is for parents who love their child but need to find a way to reconnect. You do not have to become a perfect parent or find a magic phrase. Start with one practical thing: listen without interrupting, keep a promise or share a moment without asking for anything in return.

You will find familiar situations, everyday language and short exercises. Use what fits your family. One idea may help today and another later. Your child has their own pace, preferences and right to keep some things private.

The aim is to help you make room for them while keeping your role as a parent. Being present, setting boundaries and owning your mistakes can go together.

> Keep a pencil or notebook nearby. You can also print the exercise pages. Choose one manageable first step: you do not have to change everything at once.

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INTRODUCTION

Finding your way back

A preteen or teenager may want to be treated as grown-up while still needing reassurance. At school, they are finding their place, comparing themselves with others and perhaps worrying about grades or being judged. At home, a worried question can feel like checking up on them. They may not have the words, energy or wish to explain what they are going through. These possibilities help us understand; they do not tell us what is happening for your child.

This guide is for parents who no longer know how to talk to their child. For those whose conversations have become all about homework, rules or arguments. For those who want to reconnect but fear getting it wrong. It is also for busy parents who come home exhausted and realise they no longer know what their child enjoys or is dealing with.

Make room for connection, not a confession

Their distance may hurt you. They may fear a lecture, punishment or another broken promise. Reconnecting means working on what makes conversations difficult and showing, over time, that things can be different.

We will make time, try to understand before drawing conclusions, and speak simply without making our child carry our pain.

> The first change may be small but real: time together that happens, a gentler reply, a disagreement without shouting. This guide does not promise to transform a relationship in seven or thirty days.

A guide to read and put into practice

Activities appear throughout: guided exercises on pages 20 and 21, a week of actions on page 22, and a tracker on page 25. Print on A4 at actual size, or just print the pages you want to fill in. A notebook works too. The exercises are mainly for you; your child does not have to complete a questionnaire.

The situations begin on page 8. For serious distress or danger, turn to page 26 straight away.