



75 WAYS

To
CONNECT
with
YOUR
TEENS!

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Teens Need You - More Than You Realize!

Teens need to connect with you - and sometimes it's hard to figure out how to do this.

Society promotes ideas that pit teens against their parents - and these may still lurk in your mind. When we make an attempt to interact but it's met with an eye-roll or a less-than-thrilled reception, that's sometimes all the confirmation bias we need! We're sure that the parent/teen relationship we'd really like to have, is beyond our grasp.

But keep trying!

Sometimes our timing or presentation is off - or they're having a bad day.

Remember that deep down, they DO want to connect with you. It's our job as parents to figure how to make that connection easier.

Adolescence is rough - and sometimes we've forgotten what it was like. Maybe your own teen experience was with parents that... well, let's just say they parented differently from how you want to parent your own kids. If this is the case, remember that what's "familiar" may not be the choice or the scenario you really want.

Here are some ideas that you could try.

Take turns choosing the activity.

See if it sparks some ideas of your own!

Show your teen the list ahead of time and see if any items look more intriguing than others.

If you haven't been spending much time with your teen, see if you can schedule something. While we're on "shelter-at-home" directives, maybe one easy thing a day would work. When life gets busy again, maybe designate a day of the week that could be Your Day. This may prevent it from being forgotten or overlooked.

Enjoy Your Kids!
XO,
Sue

[A Few More Resources for Parents of Teens](#)

Even if you can't imagine yourself unschooling, it's helpful to read other ways that might help you connect with your teens.

- [Resource Guide for Parents of Teens](#)
- [Unschooling Your Teen](#) - Free Ebook
- [Homeschooled Teens](#) - 75 Young People Speak about Their Lives Without School
- [Group Coaching for Parents](#)
- [1: Coaching Call](#) - only \$60 for 1/2 hour



At Home Together...

1. Sit down & talk about your teen's day.
2. Bake cookies/brownies together.
3. Make dinner together
4. Play a game of cards
5. Family Movie Night - their choice
6. Family Game Night
7. Enjoy a Home Spa Day (hour)
8. Tackle a problem together
9. Talk about the future - within 5-10 yrs.
10. Discuss what the world might be like 20, 30, or even 50 years down the road.
11. Read the same book and talk about it - or watch the movie version
12. Plan a weekend trip for the future
13. Watch any of the virtual Theatre Productions together
14. Let your teen teach you something they know about technology/games
15. Develop a new healthy habit together, like exercising or writing in a gratitude journal
16. Plan a family vacation together.
17. Make a video.
18. Learn to play a musical instrument together from a YouTube video
19. Do a puzzle together and frame it.
20. Make a time capsule.
21. Work on a monthly menu plan together.
22. Participate in a Monthly Challenge together - saving change, meditating, etc.
23. Build or add to a family website or social media site together.
24. Research your family tree.
25. Plant a garden in the backyard or in a pot
26. Stargaze together.
27. Set up dinner on the patio
28. Find shapes in the clouds
29. Play with Snapchat filters together
30. Learn about the history of your community.
31. Learn a new craft/skill together (calligraphy, woodworking, painting)
32. Make a pillow or quilt out of your old T-shirts and blankets.
33. Start a small business together.
34. Do exercise videos together
35. Have impromptu dance parties
36. Teach each other some quick dance moves
37. Get their favorite food delivered
38. Explore/Cook foods from other cultures - find some music that correlates
39. Create a video interviewing family members
40. Make a midnight snack to enjoy with them (nachos, anyone?)

Out of the House...



... AFTER THE ISOLATION AND "SHELTER-IN-PLACE" DIRECTIVES ARE LIFTED

1. Go to an IMAX movie
2. Volunteer together.
3. Attend a music festival.
4. Go hiking.
5. Go see a play.
6. Attend a concert.
7. Participate in Couch to 5K together
8. Take a camping trip
9. Go to the ballet.
10. Attend a community event.
11. Visit your library.
12. Go to a reading by a local author.
13. Play catch.
14. Have a picnic.
15. Go to a museum.
16. Take a pottery class
17. Go to the zoo.
18. Watch a parade.
19. Go to a professional sports event.
20. Take a walking tour of historic neighborhoods.
21. Go to any local sports event
22. Take a tourist tour of your nearby city
23. Attend a poetry slam.
24. Spend a day at the beach or a lake.
25. Make a video out in the neighborhood.
26. Build a campfire.
27. Visit a national park.
28. Take a yoga class together.
29. Learn a new sport.
30. Get a tour of a college.
31. Take a tourist tour of your nearby city
32. Make a list of all the movies you want to see together - and get it on the calendar
33. Take a class together (photography class or a graphic design class offered in the community.)
34. Explore foods from other cultures
(Restaurants with food you've never tried)
35. Make a pillow or quilt out of your old T-shirts and blankets.

**They'll only live at home with you for a little longer.
Make the most of your time together!
The memories you create with them now
will strengthen the connection you will have with them for life!**