

COPING WITH PARENTS -- ADVICE TO TEENS

by The Family Education Center of Delaware, Inc.

1. Don't be afraid to speak their language. Try to use straight sounding phrases like, "I'll help you do the dishes," and "Yes."
2. Try to understand their music. Play songs by Frank Sinatra on the stereo until you are accustomed to the sound.
3. Be patient with the underachiever. When you catch your dieting mom sneaking salted peanuts, don't show you disapprove. Tell her you like a chubby mom.
4. Encourage your parents to talk about their problems. Try to keep in mind that things like earning a living and paying off the mortgage are important.
5. Be tolerant of their appearance. When your dad gets a haircut, don't be personally humiliated. Remember, it's important to him to look like his peers.
6. Most important of all, if they do something you consider wrong, let them know it's their behavior you dislike, not them. Remember, parents need to feel that they are loved!