

## Talking to Your Parents: Tips for Better Communication

Talking to your parents isn't always easy, especially when you feel like they don't understand or listen. But open and honest communication can help you build a stronger relationship and make conversations more productive.



**Be honest:** Trust is important. Your parents want to know they can rely on you, and being honest helps build their confidence in your decisions. When they see you taking responsibility, they may be more open to giving you independence.

**Start conversations:** Don't wait for your parents to come to you—make an effort to talk to them. It doesn't always have to be about serious things; sharing everyday moments helps strengthen your connection and makes it easier to discuss bigger topics when needed.

**Pick the right time:** If you need to talk about something important, choose a time when your parents aren't distracted or stressed. Let them know you'd like to chat and ask when they're available—it shows respect and increases the chances of a positive conversation.

**Plan ahead:** Thinking about what you want to say beforehand can help you stay calm and communicate clearly. If it's a difficult topic, consider how you'll bring it up and what outcome you're hoping for.

**Be assertive, not aggressive:** It's okay to ask for what you want, but how you ask matters. Speak confidently and respectfully, rather than raising your voice or demanding things. Being aggressive can make your parents defensive, while a calm approach encourages discussion.

**Acknowledge their perspective:** Just as you want to be heard, so do your parents. Even if you don't agree, showing that you understand their concerns can make them more willing to listen to your point of view.

**Recognise their ups and downs:** Your parents have their own stresses and challenges. If they seem frustrated or short-tempered, it may not be about you. Giving them space when they need it, just as you'd want for yourself, can help avoid unnecessary conflict.

**Stay calm:** Conversations can get emotional, especially when there's a disagreement. If things start to escalate, take a deep breath and try to stay composed. If needed, suggest taking a break and revisiting the topic when everyone is calmer.

**Be open to compromise:** You and your parents won't always agree, but finding a middle ground can make things easier for both sides. If they see you're willing to meet them halfway, they may be more open to negotiating with you.

**Express yourself:** Your thoughts and feelings matter. Even if your parents don't see things the same way, calmly explaining why something is important to you helps them understand your perspective.

### Accept their decisions.

Sometimes, even after a good conversation, your parents will say 'No.' You don't have to agree with them, but handling it with maturity can build trust over time.

To book an appointment with one of our counsellors, call or scan the QR Code



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