



HOW TO TALK SO YOUR CHILD LISTENS

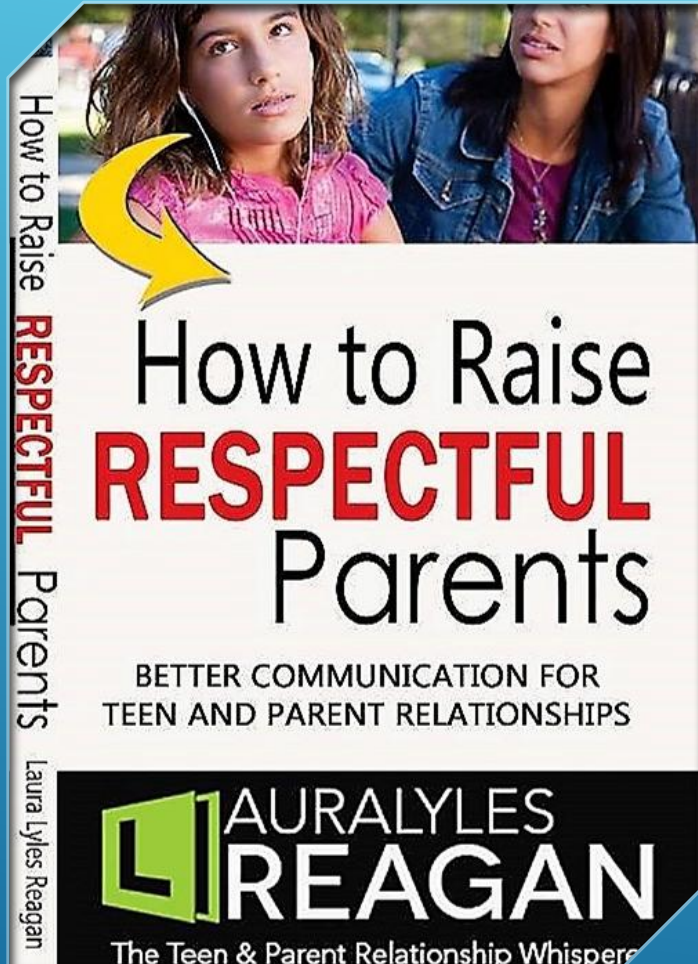
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**WHAT MOST
CONCERNS YOU
ABOUT WORKING
WITH PARENTS?**



 AURALYLES
REAGAN
The Teen & Parent Relationship Whisperer

Mission: To empower parents with the message of co-creation, helping them to grow the skills they need to build more positive, effective, meaningful relationships that set the stage for positive futures.



WHERE ARE WE?

Medical Model

Psychology/ Positive Psychology

Trauma Interventions

Youth Development Models

Sociology

SOCIAL WORKERS DO WHAT WORKS!



WHAT IF?

Kids are the key.

Dynamic Duos

*Journal of Applied Social Science,
April 2013*

- ▶ What do youth say most impacts them about the caring adults in their lives?
- ▶ Youth always spoke of parents influence first, then mentors.

RESEARCH QUESTION & RESULT

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CO-CREATION MATRIX (RESEARCH BASED)

- **Fun Activities**
- **Learn a Skill**
- **Solve Problems**
- **Presence in Crisis**



CO-CREATION

Utilizing sociology of childhood, co-creation is the conscious engagement of human agency in relationships to decrease social space, to solve problems and engage reflexive socialization.

- ▶ **Every parent wants their child to have a better life.**
- ▶ **Communication skills help teens prepare for adulthood**
- ▶ **The parent – teen relationship is the ideal place to practice the skills needed in the business world for career development.**

PARENT PERSPECTIVE

- ▶ Practicing co-creation communication skills helps you talk so parents will listen
- ▶ Practicing co-creation communication skills helps you listen so parents stop lecturing.
- ▶ Practicing co-creation communication skills prepares you for the world of work.

TEEN PERSPECTIVE



HOW CO-CREATION TRANSLATES IN RELATIONSHIPS

1. Co-creation, Shared Model
2. Problem Definition
3. Skills Building
4. Skills Practice and Planning



15 MIN PLAN

Relationship building first

Return to the research:

- fun activities
- learn a skill
- Solve a problem (teen defined)



SKILLS INTRODUCED
EXERCISE SAMPLE IN BOOK

PROBLEM DEFINITION

ACTIVE LISTENING

I-MESSAGES



PRACTICE

Coaching Tip:

**Use 2 positive I-
Messages for every 1
negative I-Message.**



PARENT ENGAGEMENT STRATEGIES - YOUR IDEAS?

What's in it for me and mine?

- A.) Use parent perspective of preparing teen for the future.**
- B.) Offer support services**
- C.) Use group sessions**
- D.) Rewards for engagement**



How to Raise **RESPECTFUL** Parents

BETTER COMMUNICATION FOR
TEEN AND PARENT RELATIONSHIPS

 **AURAYLES
REAGAN**

The Teen & Parent Relationship Whisperer

FOR MORE INFORMATION:

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