Tools for the Journey: 6 Tips to Connect With Your Teen Daughter

Understand Her.
Understanding the girl world may feel awkward at first, but by making an effort you are showing her how much you want to be there for her. You are providing her with a sense of support and understanding, keeping the lines of communication open.

Respect Her Privacy.
You may feel curious, or protective, but you have to respect her privacy. At this age, she probably feels shy or uncomfortable with things and needs to be able to process them on her own. Let her handle the things she needs to, but be available for her when she is ready.

Respect Her Mom.
By showing her mom respect, no matter the situation you two are in, you are showing your daughter what a healthy relationship looks like. If you don't respect her mom, you are also putting distance between yourself and your daughter.

Be There.
While respecting her privacy is important, she needs to know that she can come to you with anything whenever she needs. Tell her.

Spend Time With Her.
Take her out on some father-daughter "dates". Spending one-on-one time together, no stressful topics invited will help solidify the bond between the two of you. It probably felt easier when she was young, but don't let the quality time end.

Don't jump to conclusions.
Jumping to a conclusion and going straight to a quick fix of punishment can be tough on her and close the line of communication. She is often already nervous to open up to here dad about some of the things she is experiencing. If you don't provide a safe space for her to talk, she will most likely stop trying.
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