

# Take Ten

**Some ideas for parents on talking to their kids  
about the more personal, but very important changes of puberty!**

Sometimes it gets more difficult to talk with your sons and daughters as they:

get older and

get busier and

maybe act like they're a little less interested  
in what their parents have to say

It can be even harder when the topic has to do with their changing bodies, the shows they watch, the music they hear, and their thoughts about dating.

**Here are Ten Things you can do, so try to  
take Ten Minutes for any one of them each week.**

## **Start talking early**

Middle school is the time - even if your child isn't asking questions or isn't even interested in dating.

## **Read books so you have the knowledge and feel more confident about the topic**

The more you know, the more you will be able to answer their questions.

## **Begin the conversations yourself**

They may be too embarrassed to ask, or they're waiting for you to start talking.

## **Get more comfortable about the topics**

Practice "saying it in your own words" – go to a program to learn new ways to talk about tough topics.

## **Tell them about your values**

But first, make sure you understand them clearly yourself.

## **Listen, listen, listen**

Ask their opinion to see how much they know and where they stand.

## **Use everyday opportunities**

You can create meaningful moments using everyday situations – at the grocery store, after a TV show.

## **Again, and again, and again**

Say it in different ways and at different times – they don't always get your point the first time.

## **Be positive**

Compliment them whenever you can, be encouraging.

## **Make it interesting and fun**

Use humor (but don't make fun of them) – try showing them pictures of yourself when you were a teen and describe situations that happened to you.