

Ten Tips to Understanding and Connecting With Your Young Adult

1. Start with the assumption that every parent and young adult has a need to be understood by the other. Even if the relationship is strained, there remains a desire to be understood by the other.
2. Understanding your young adult is essential to having a relationship and effectively supporting the launching process.
3. Approach your young adult with a sincere and open desire to understand who they are and what their world is like.
4. Practice nonjudgmental listening. Listening for understanding with no hidden agenda (i.e. to identify problems, find ways to control them, etc...)
5. Listen with the heart as well as the head. Hear what they are saying- the content; but, also listen for emotions expressed verbally or in tone or body language.
6. Check out what you heard by summarizing or reflecting back the content and emotion you picked up. It's the only way to be sure you understand and more importantly the only way your young adult knows you understand.
7. Attend and give time to listen and understand your young adult. If you have a conflict or distraction and can't listen set up another time.
8. Invite your young adult out to eat or for coffee (get out of the house) and express your desire to learn more about their life. Assure your young adult you have no other agenda and will practice listening without judgment.
9. Don't interrupt them when they are speaking to make some point you may want to make. It's their time to talk. If you have a hard time not interrupting or offering your opinion when listening to them, suggest you forfeit dollar every time you slip in either way. Could introduce some fun into the conversation.
10. If you think you may have trouble asking questions, please feel free to use the interview set of questions on this website- Understanding your Young Adult.

Note: If you want further help or information on understanding and connecting to your young adult, consider ordering "Can You Speak Millennial"ese?" under products on this website.