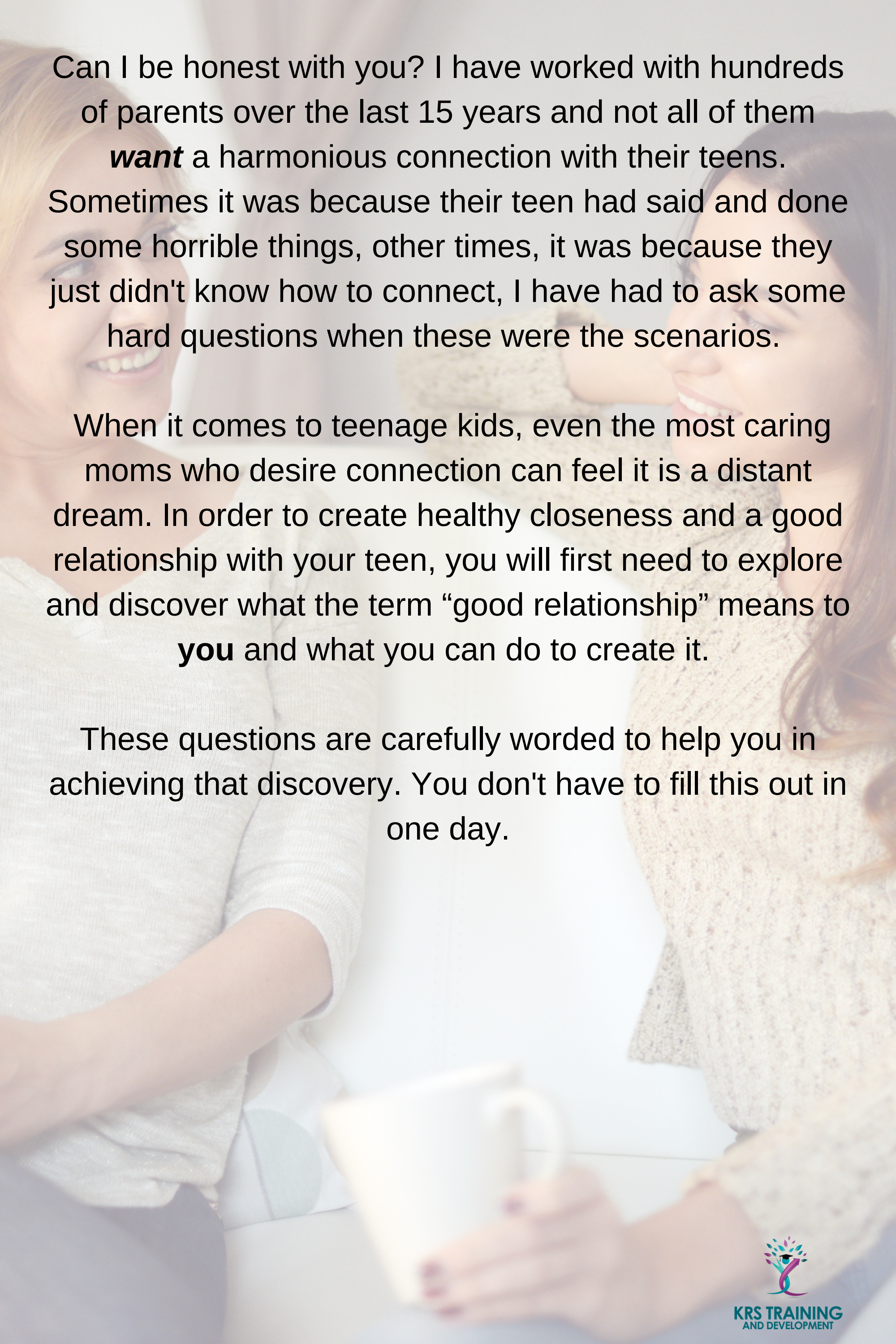


Do You Really Want to Connect with Your Daughter?



[TheMomSuite.com](https://www.themomsuite.com)



Can I be honest with you? I have worked with hundreds of parents over the last 15 years and not all of them **want** a harmonious connection with their teens. Sometimes it was because their teen had said and done some horrible things, other times, it was because they just didn't know how to connect, I have had to ask some hard questions when these were the scenarios.

When it comes to teenage kids, even the most caring moms who desire connection can feel it is a distant dream. In order to create healthy closeness and a good relationship with your teen, you will first need to explore and discover what the term “good relationship” means to **you** and what you can do to create it.

These questions are carefully worded to help you in achieving that discovery. You don't have to fill this out in one day.



How do you feel when you're around your teenage child? Think about this question for a moment. Do you feel joy? Can't wait until she gets home? Are you indifferent in a take it or leave it type of way? Do you feel anxiety or dread?

How do you act around your teen compared to how you act around other children, family members, or other people? Do you engage her in conversation? Do you avoid interaction? Are you happier when others are around? Are you happy with your communication?

What do you like about the current quality of the connection with your teenager? Kind of "besties forever" or do you want to improve it?



What (if anything) do you dislike about this connection? Is it forced? Do you simply not enjoy it?

What kind of support do you think your teen needs from you the most at this moment? Understanding? Patience?

What healthy limits and boundaries can you implement to strengthen your connection with your teen? Think of the little things that agitate you, i.e. using your lipstick or taking your jeans without permission.

