

**1 Rediscover a taste of childhood.**  
Cook, order in, or go out for something they loved as a child. Break the ice and start the memories flowing with a taste that will bring childhood back.

**2 Watch a game together.**  
Sports transcend anger, and discussing the game can be a nice rest from talking about grades, college admissions, or curfews.

**3 Put on some music.**  
Food can take you back, and so can music. Put on songs they used to dance to and share a memory and a laugh.

**4 Exercise.**  
Get on a bike, go for a run, or kick around a soccer ball. Sure, they might be bigger, faster, and stronger than you—but you can do something together that won't involve a lot of words.

**10 THINGS  
TO DO  
WITH YOUR  
TEEN WHEN  
THEY ARE  
BARELY  
SPEAKING  
TO YOU**

**5 Watch a movie.**  
This allows for lots of together time, with not a lot of talking.

**6 Set things aside for later.**  
No talking about touchy subjects until a later, mutually-agreed upon time.

**7 Grab siblings or friends.**  
Drop your intensity by diluting your presence. It is avoidance, but problems will still be there tomorrow and you might both be in a better mood.

**8 Go shopping.**  
Sure, we shouldn't buy affection and compliance, but kids can always use more socks and underwear. Errands get you out of the house and focused on easier topics.

**9 Face it head-on.**  
This one takes guts (and usually a few tears), but acknowledge things are tough right now. Tell them you love them. Tell them not talking isn't acceptable. Share hard truths to get through to them.

**10 Walk away.**  
Sometimes we all just need to stew, and teens maybe even more so. Let them seethe, let them complain to friends, and be there when they are out of anger and ready to talk and start over.