

# 7 KEYS

## To Heart-to-Heart Parenting

- 1 Listen with an open heart
- 2 Set clear boundaries and expectations
- 3 Enforce firm, fair consequences
- 4 Be consistent
- 5 Understand that every young person is different
- 6 Work toward solutions, not just fixes
- 7 Encourage independence

**TALK**

heart2heart

[TalkHeart2Heart.org](http://TalkHeart2Heart.org)