

# How to Discipline a Teenager That Won't Listen – 7 Mom-Tested Steps

## Reminder to Every Mom

Discipline doesn't mean control. It means connection. It's not about yelling louder – it's about loving deeper. Here's what worked for another mom – maybe it'll help you too.

### 1. Stay Calm – Even When They're Not

When your teen yells or shuts you out, pause. Take a breath. Respond with calm, not fire. It's hard. It takes practice. But it works.

### 2. Set Boundaries, Not Just Rules

Say: "If you lie, next time you won't go out."

Keep it simple. Keep it respectful. Enforce it without shouting. Boundaries build trust.

### 3. Include Them in Small Family Decisions

Let them pick the dinner spot or movie. Sounds simple, right? But it tells them: "Your voice matters." That's huge at this age.

### 4. Listen More Than You Speak

Don't jump in with advice. Just listen. Nod. Let them feel safe enough to open up again.

### 5. Praise Effort – Not Just Results

Celebrate how long they studied, not just the grade they got. Effort builds confidence. Results will follow in time.

### 6. Respect Their Growing Independence

They're not kids forever. They want to be seen as young adults. Show them you see that. That's when the walls start to fall.

### 7. No One-Size-Fits-All. Try, Fail, Learn, Repeat

What worked yesterday may not work today. That's okay. Be flexible. Be present. Be real.

## Final Note from One Mom to Another

There's no perfect mom. Just moms who try. Moms who cry. Moms who love. Keep showing up. You're doing better than you think.

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