

IN

PLAIN SIGHT

Helping parents become more observant, without being invasive

Your child is communicating all the time, even when they aren't saying much. Small shifts in their mood, behavior, routines, and reactions can offer clues to what's happening beneath the surface. The goal isn't to investigate. It's to notice.



HIDDEN IN PLAIN SIGHT

What you might be missing about your child or teen's inner world...

Situation

Your child or teen snaps or storms off when asked to do a simple chore, leaving you frustrated or confused.

✓ **What Could Really Be Going On:**
They might be overwhelmed by school, friendships, or anxiety. The outburst isn't about the chore - it's a way of expressing emotions they haven't learned to manage.

✓ **How to Handle It:**
Pause and breathe. Acknowledge their feelings - "I can see you're frustrated." Give them a moment, then calmly revisit the request. Focus on connection first, collaboration second.

Situation

Our child/teen suddenly goes quiet at dinner or retreats to their room after school without saying why.

✓ **What Could Really Be Going On:**
They could be processing stress, conflict with friends, or feeling exhausted.

✓ **How to Handle It:**
Give them space, but check in gently. A calm, open question like, "Do you want to talk about your day?" shows you're there without forcing conversation.

Situation

Your child/teen rejects help and gets irritated when guided.

✓ **What Could Really Be Going On:**
They may feel insecure, embarrassed, or seeking independence—even if they still want support.

✓ **How to Handle It:**
Step back, offer support without pressure, be available, and value their effort over the outcome.



Situation

They post frequent updates or vent on social media in ways that worry or confuse you.

✓ **What Could Really Be Going On:**
They may be seeking connection, validation, or trying to express feelings they can't verbalize at home.

✓ **How to Handle It:**
Stay curious and nonjudgmental. Ask what prompted the post and listen actively - avoid lecturing or immediately trying to "fix" things.

Situation

Your child/teen argues or snaps when you correct them about something minor.

✓ **What Could Really Be Going On:**
They might feel pressure to be perfect, fear criticism, or be grappling with unrelated stress.

✓ **How to Handle It:**
Pause before reacting. Respond calmly, acknowledging their feelings first. Later, revisit the discussion if needed, focusing on understanding rather than punishment.

Gentle Reminder for Parents

Your child's snapping or withdrawing often reflects stress—not you. Respond with patience, guide later when calm, and show compassion to build trust.