

10 Tips for Parenting Your Teen with less stress & more fun

- 1 Listen More Talk Less:**
- 2 Validate Feelings:** This doesn't mean you have to agree with them, just HEAR them. "You're frustrated with your teacher."
- 3 Stay out of power struggles** - nobody wins them
- 4 Mistakes are opportunities to learn.** Teens often need to learn by trial and error.
- 5 Set clear limits but don't judge or overreact** when your teen pushes those limits. .Teens experiment.. Yes, it's scary. "You came home past curfew..here's the consequence. Next time please be home on time."
- 6 Be a positive (not perfect) role model.** Your teen is watching what you do more than what you say.
- 7 Don't take their rejection or rudeness personally.** It's usually not about you and more about their need to separate from you.
- 8 Don't compare your teen to others.** Every teen's path through adolescence is different
- 9 Be patient:** Your teen's brain is not fully developed until about age 25. They will make bad decisions and take some dumb risks. Your guidance and patience and limits will get them through.
- 10 Take care of yourself** and get support from others

10 Tips for Parenting Your Teen

CHECKLIST

I Listen as much (or more) than I talk.

I Validate Feelings even if i do not agree with the feeling or the thought. "I hear you, you feel...."

I stay out of power struggles most of the time. I choose my battles and when I set a needed limit, I do not argue about it.

I I do not judge or freak out when my teen tries something new. I know that is it normal for teens to explore new things

I try to be a positive role model and be honest when I fall short (role modeling mistakes as learning opportunities.)

I do not take everything they say or do personally. They are doing the work of separating from me, and it's not easy for either of us.

I do not compare my teen to other teens. I value them for the person they are and the person they are becoming.

I understand their brain's and bodies are still developing, and I am patient with them, mostly!

I know that I can not fix everything for them. I'm willing to help when reasonable, I ask before I jump into help, and I avoid rescuing them all of the time.