

Providence High School

Parent & Teen: Relationship & Communication

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Parent-Teenager Relationship & Communication

I. How to improve your relationship with your teenager?

II. Control-Power

III. Expectations

IV. Striving for AUTONOMY

V. Using the relationship approach

I. How to improve your relationship with your teenager?

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1.Listen to their point of view. Put yourself in their shoes and see the world in their eyes. Ask them how it makes them feel.

2.Understand what makes them tick.

3.Accept them for who they are. Differentiate them as a person and their behavior. Ask for the behavior to change but accept them as they are.

I. How to improve your relationship with your teenager?

4.Acknowledge their presence. Look for their positives. Appreciate what they don't do as well as what they do.

5.Give them space. Teens need privacy, not just in their bedroom but also in their thoughts. Avoid interrogation techniques and opt for genuine interest.

6.Recognize that teenagers must become independent in order to become adults, just as they had to learn to walk and talk to grow from infancy to childhood.

7.If becoming independent is a task of children, then the task of parents must be to help their children reach independence by allowing them to walk (and fall), to talk (and make mistakes) and slowly take control of their own lives.

II. Control-Power

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For many parents, the method used to ensure that a child will grow up “right” is to maintain control over many aspects of the child’s life: choosing their clothes, friends, hobbies and courses of study, etc...

II. Control-Power

As the children grow older, they begin to realize they can never grow into adults without assuming control over their own lives.

Therefore they fight for control = argue with parents, defy them and demand control.

II. Control-Power

This is not just the teenagers' problem.

Many professionals in the field believe that parents' own issues also contribute to the problems with teens.

Often, parents of teens are middle aged.

They may experience unrest, discontent, change and self-evaluation during middle adulthood.

III. Expectations

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The farmer whose teen wants to be a physician and not take over the farm, or the lawyer whose teen hopes to be a carpenter instead of joining the firm, may be disappointed or angry because their children failed to live up to their expectations.

Teens have to decide to lead their own lives.

Parents who reject their teen when they fail to meet their expectations might alienate their teen.

IV. Striving for AUTONOMY

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In late childhood children tend to withhold private thoughts and feelings from their parents because they don't want to risk non-acceptance.

No one is the "perfect" parent. Parenting entails patience, willingness, the desire to learn, and the courage to continue making mistakes.

Each and every one of us has our own unique parenting styles and with that style comes the beauty of the relationship.

IV. Striving for AUTONOMY

Criticism

V. Using the relationship approach

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- 1. Make sure the two of you are talking to each other and listening to each other. Lecturing, judging, scolding and nagging hurt relationships. But talking and listening helps.**
- 2. Make sure you do things together that feel good. If all you are to your teenager is someone who criticizes and complains, he won't want to spend time with you.**
- 3. Make sure you pay attention to how well the two of you are getting along, and try to iron out problems between the two of you.**

V. Using the relationship approach

4. Make sure you're both getting your needs met, and be sensitive to your teenager's needs. Having a discussion about what both of your need will enable you and your teenager to agree on solutions.

5. Maintain a sense of humor.

6. Show emotions: you love her.

7. Make sure you discuss your expectations ahead of time.

8. Treat your teen the way you want to be treated by making sure you understand how he feels before you criticize or make a demand.

9. Understand what your teen is REALLY saying and then respond to that message.

Questions