

10 TASKS of Parenting Adolescents

1. Be the "keeper" of your child's core self

- You have the choice to fight, withdraw or ACCEPT.
- Remind your child of his core self

2. Provide a stable, soft launch and landing pad

- Establish and enforce clear and consistent boundaries
- Give honest feedback
- Be accepting of hearing the good and the ugly

3. Be your own container

Contain and model containment of difficult reactions and emotions

4. PRACTICE MINDFULNESS

Pay attention to the present moment with acceptance

- MEDITATION respond vs. react
- JOURNALING trust in self
- BREATHING clarity
- GRATITUDE presence

5. Develop and nurture an empathic relationship with your adolescent

- Loved vs. understood
- Use storytelling to understand

6. Be the captain of your family's ship

Adolescents need to know they have someone capable, interested and loving steering the ship and helping them navigate the turbulent water.

7. Assist your child in finding their unique FLOW!

Flow is the state of being fully engaged and completely immersed in the present.

8. Reject the fear of failure

Accept (perhaps rejoice!) FAILURE

- Cope vs. Avoid
- Learn vs. Give Up
- Ask not what I can do with this failure but what this failure can do for me.

9. Encourage independence and autonomy

- Faith vs. fear
- Understand the relationship between risk and increased wellbeing.

10. Discover, recognize and utilize your child's character strengths

- Strength vs. talent, skill
- Signature strengths
- Superpower during challenge

BE CURIOUS!

Children are not a book to write, but a book to read. Take pleasure in the words.