


# Parenting Tips to Connect with Your Teen



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**KRS TRAINING**  
AND DEVELOPMENT

A close-up photograph of four young women with long, dark hair, smiling warmly at the camera. They are positioned in a row, with their heads slightly overlapping. The woman on the far left is wearing a light pink zip-up hoodie. The woman in the center is wearing a bright teal t-shirt. The woman on the far right is wearing a dark top and a black beaded necklace. The background is a plain, light color.

**If you consider your teenage children to be troublesome and too difficult to handle, think of calling your mother to apologize to her. You may have been even worse.**

**Your kids will not skip the changes of the teenage years, so it's wise to prepare for the changes even before they unfold.**

**Your kids are not as bad as you may think. They need an enabling environment that will offer them the required parental care, guidance, and encouragement as they grow into adults.**



**1.** Build a strong parent-child relationship. Even though they are in their teen years, it isn't too late. It will be more challenging, but it's not too late. Bringing them out of their shell starts with making the effort. As parents, that is our responsibility, even if they don't reciprocate.

Random dance battles, fake snowball fights or laser tag in the house, joining them for their favorite movie or show (no matter how much you hate it) are all efforts they will appreciate. Draw them to you with love. Let them express their opinions, worries, and present issues to you.

**2.** Find a balance. You don't have to be authoritative all of the time. Think about how you would feel if your spouse was always cold and calculated with you. Why would you think your children would feel any differently than you do? The respect you give to an adult should be same respect you extend to your children. That doesn't mean, don't monitor and correct them. It means don't turn your home into a military academy where you give orders and there isn't any room for opinions.

One thing I personally have done is explain to my daughter that she welcome to express her discontentment to something *after* she completes the task I have assigned to her. Helping her understand that objecting in the moment is seen as disrespect and defiance, helps her make a better choice in her timing and allows her to think through what she wants to say and how she wants to express her thoughts.

**3.** Take an interest in what interests them. Teenagers discover themselves during their teen years. They explore a lot of different things. Make it a point to motivate them in those areas. We often see parents do this in sports but not in something like knitting. But if she loves it, why not?



If she wants to bake, sign the two of you up for cake decorating classes. If she aspires to be a chef, schedule a visit to a restaurant that has a famous chef or take a road trip to one out of restaurant chains out of state.

**4.** Plan times to be together. Make it a habit to spend time together often. You can have dinner together, watch movies, or play games. It helps keep intimacy and allows informal relationships to thrive. You would be amazed at how much you can learn over a game of Uno or Allowance.

**5.** Put your phone down. With emails, texts messages, social media, calculators, cameras, store apps, games, calendars, payment options, maps, weather apps and just plain ole making calls, our phones are constantly in our hands. Can you imagine having to compete with your spouses phone? Are you currently competing with your teen's phone? They likely feel just as bad when you constantly have yours.

I knew I was on my phone too much when my daughter was injured and crying and my phone rang and she said, between sobs, "I'll just go in my room so you can take your call without noise." I felt horrible. I used my phone for both business and personal calls so she instinctively put herself second, even though she was in pain. I knew then that I had to separate the lines and establish business hours and put my phone down. I then gave my daughter permission to say to me, "Mommy, it's my time. Can you please put your phone down." This helps me not lose track of my #1 priority. Her!

A good relationship with your adolescent children goes hand in hand with their general success and happiness.

