

THE 3 T'S TO TRANSFORM YOUR RELATIONSHIP WITH YOUR TEEN



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DID YOU KNOW?

"56% of teens feel that the media's advertisements are the main cause of low self-esteem." (StagesofLife.com)

WHAT CAN I DO AS A PARENT?

You're doing it now! Being concerned and taking action. I have provided 3 common scenarios of teen +parent interactions. I also give you your teen's perspective and 3 Key action steps to begin the transformation for a better relationship. Enjoy!

CLOSING STATEMENT...

As a teenager growing up with a single father, communication is very important. Just because your teen doesn't glorify you as much as she did when she was a young child, doesn't mean that she stopped looking up to you. All your habits, the good ones and not so good ones are passed on to her. She will either be exactly like you or completely opposite. You plant the seeds that build her a strong foundation of confidence so that anywhere she goes at any time, she is and feels like a leader.

"If Opportunity Doesn't Knock

Create a Door

Open it

and

Walk through it"



LINDA XOCHITL AVALOS

Linda Xochitl Avalos is fiercely committed to empowering young women to become independent, confident leaders so that they can take action in their life and pursue their dreams. If you are looking for a proven professional who can guide your teen to address the skills of communication transforming all her relationships including with herself, and you, look no further. With 10 years of experience working with hundreds of women, from ages ranging 14 to 60, I have helped guide them to achieve remarkable success. My mission and commitment is to invest in the younger female generation so that they can leave a legacy themselves as young independent, confident women.



SCENARIO 1

You and your teenager have disagreed (again). It escalates, and your teen locks herself in her room. Goes to her room and doesn't want to talk to you. Ignores you for days. Only text messages you to avoid looking or speaking to you.

WHAT SHE'S THINKING: You never listen. She's not being heard.

WHAT'S NEEDED ... TALK

Validate her feelings by seeing her point of view. For what reason(s) does she think she's right? Whether her points are facts or not, respecting her thought process and respecting her as an individual means a big deal to her. It's how she will be able to communicate for the rest of her life. The more she believes you don't believe her, the greater the lack of communication, thus causing the relationship to grow more distant. Even if there is a disagreement communication is important because no two people are the same. Our children are like soulmates, they come in and we think we are going to teach them so much and we do. However, they teach us so much and help us grow as well.

EXERCISE 1

Step away and give yourself time and your teen to deal with the emotions. Do you remember what it was like going through your hormones?! I am SO grateful those days are over! Just in case you forgot: a Teenager feels: confused, lost, excited, full of energy, hungry, sad, happy, sensitive, goofy, jealous, moody, anxious, depressed and more, all at the same time! Now remember that these emotions are on a LEVEL 10! This is one of the biggest changes of her life! Depending on your teen's age, each stage is different. As an adult you have been able to adjust to your feelings, tame and control them. She is learning to adjust to her feelings and you are the role model.

EXERCISE 2

Remind yourself how good of a parent you are and all the amazing things you have accomplished by being a parent! This is not the time to judge yourself and ask yourself questions that will take you to a downward spiral of feeling like a bad parent. Next ask yourself, 'what would LOVE do?' ... Wait in silence for the answer (3 to 5 mins). Breathing deeply in the silence. Be open to receive the answer.

EXERCISE 3

Ask your teen for permission for when it's best to talk about 'X' situation, that day (i.e. after dinner, before dinner, etc.). This shows her you respect her time and space & it teaches her how to communicate in the world. Start the conversation with what's great about them stating their case (perhaps she could make a good lawyer one day). This gives her confidence that it's good for her to fight for what she wants. Follow up with feedback: what you did not like about the heated discussion (attitude, anger, mean comments, rolling eyes, etc.) and the reasons, #1 you will not tolerate the behavior and #2, you will or will not give permission for request. Lastly finish with an agreement that has both your input and her input.



SCENARIO 2

Your teen: may feel not pretty, has low self-esteem, isn't making friends, has possibly thought or has physically harmed herself, and has a bad self-image with bad habits that support this belief. You tell her she is beautiful and perfect and so intelligent...

WHAT SHE'S THINKING: Yeah right! I don't believe it. (She tunes out).

WHAT'S NEEDED: TRUST

These issues are prevalent in the teenage years. She will, unfortunately believe her peers over you. "51% of teens are afraid of talking to their parents about personal problems. This number climbs to 54% for the percentage of teens who are afraid to talk to their teachers about personal problems." (StagesofLife.com) Keep communication lines open all the time. It goes for you as the parent as well. Open up a bit with something that's going on in your life (at work, with friends) and ask for her advice. This creates more mutual respect and encourages her to think on her own, which in just a few years will need these skills.

EXERCISE 1

Be Involved. What is your teenager watching? To whom is your teenager listening on media, radio? What are they subscribed to on YouTube* (huge source today)? To whom is your teenager looking up? Ask constant questions about homework, projects, friends, classes, goals, dreams, and thoughts. This sounds basic. However, this is where the fine line of a parent & friend exists. You are concerned with her and her whereabouts. As a parent you are now coming from a place that respects her and wants only the best for her (always) but now she is AWARE that is the reason.

EXERCISE 2

Find her a positive role model. Do they have an older sibling or cousin, aunts or uncles that could take her out and give them a different yet positive perspective? Hire a life coach who specializes in working with teens, for the extra support.

EXERCISE 3

Build a bond through carefree communication. Handwrite letters and notes to each other. This can be quotes, encouragement for a test, compliments and more. This will initiate a new tradition that only you two have. It will allow for feelings and emotions to come to surface when she feels upset, hurt and/or excited. You can leave them for each other in a special place. Make this playful and buy fun stationery.



SCENARIO 3

You're busy with work and growing your career. Why? Because you want to put food on the table and be successful in your career (and no one is mad at you for this). Dinners are usually rushed with your teen or are occasional eating out events with your family including additional children where you haven't been able to get into the close and personal conversations and one on one time with your teen. Your lack of time together is creating a wedge between you two.

WHAT SHE'S THINKING: If my mom/dad doesn't care, why should I?

WHAT'S NEEDED...ONE ON ONE TIME

As a teenager the most influential people in her life are her parents. According to StagesofLife.com, in a recent survey asking them "Who Do You Think You Are," "teens say that "Parents/Family" and "Activities/Hobbies" are the two most important factors in shaping their identity. These far outranked other attributes such as sexual orientation, boyfriend/girlfriends, their church, their school, or their friends."

EXERCISE 1

Designate a "Daughter Day." This can be once a quarter, once a month, or once a week. This can be discussed and planned with her. This is where her hobbies and interests will come alive. Captivating her creativity nurtures her gifts and builds her self+esteem. You want to make sure you can commit and follow through. Some ideas are: rides bikes together, take a walk at the beach or outdoors, have a picnic. Whatever you choose make it fun and lighthearted.

EXERCISE 2

Create a collage together of goals and dreams. Then hold each other accountable by taking action steps towards the goals. It can be as small as her studying for finals or research you need for work. This teaches her not only teamwork but also life skills for her future.

EXERCISE 3

Start a project together. Redecorate her room or anything that involves her hobbies. Create a playlist together. Music is ranked # 2 as a "Moment of Awesomeness" for teens on StagesOfLife.com.