



10 TIPS FOR RAISING TEENAGERS

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1. Talk Less, Listen More



Talk less and listen more. Teens want to be listened to with respect. Don't jump into the advice giving machine or "I know better" ego mode. In addition, listen with your full undivided attention. If you are multitasking while talking to your child, they might internalize it as "I am not important" or "I/What I say does not matter."

2. Stop Trying Too Hard

Yes, you heard me. As most things, you need to balance out between your full attention and presence in their life and being overly intruding and pushy. They want you in their life but they also want their privacy respected.

3. Give Them Freedom



I am sure you have the best intentions for your child. You want to help and provide value by sharing your experiences and outcomes. Kids are hardwired for attention and power needs. If those are not fulfilled in a positive way, they will make them get it in a negative way. They need those opportunities to make mistakes and learn from them.

4. Discipline ≠ Punishment

Punishment is associated with such feelings as shame, blame, and pain. There is no learning in it. Discipline teaches them to make better choices. It involves setting clear expectations by communicating rules and fair and reasonable consequences before an event.

5. Lift Them Up



So many teenagers struggle with self-esteem. It may not be obvious at the beginning and they might even put a fake confidence mask (which may also look like arrogance). Praise their efforts (not just results), celebrate their wins, big or small.

6. Walk The Talk

Yes, cliché - children don't learn from what you teach, they learn from interpreting what they see you doing.

7. Don't Try To Be Perfect



Be real. Kids often create a perception of parents being superheroes. It sounds sweet and inspiring, right? Well, it doesn't help when a teen becomes an adult. It may become a trap into victimhood, and blame story time. Rather, by admitting your own mistakes, sharing some struggles and strategies you use to overcome those, helps your teen to form a growth mindset.

8. Work on Your EQ

We were not taught this at schools, and it is on you now to master your own mind. Emotional Intelligence (EQ) helps not only with understanding and managing your own emotions but also understanding the emotions of others. I bet you want to understand why your teen feels a certain way here and there. It is not all hormones and puberty, it is being human.

9. Remember That Your Teen Needs You, But On Their Terms



Your teen loves you. Your teen wants you in their life. But your teen is also in the developmental stage and process of forming their identity and they gotta try on different ones.

10. Delegate

Wait, what? Delegate parenting? Yes, sometimes parents take too much on themselves. Honestly, how many hats do you wear as a parent? Sometimes, the best way to help is to detach, which is almost impossible as a parent. For that, you have teachers, doctors, psychologists, and coaches. There is help out there, reach out. As a coach, I can help your teens to discover and build skills to solve problems despite the challenges they are facing.