



Changing Children's World Foundation

Best Start: PARENT POWER TIPS

HEALTHY REMINDERS TO BE A SUPERHERO FOR YOUR TWEEN/TEEN- COMPREHENSION DIALOGUE

- **Validate your tween/teen's feelings.** Tweens and teens are experiencing many feelings. Some will be confusing and conflicting. Hopefully, the trusted relationship that you have built will allow your conversing to be seamless. Even if your child's feelings are challenging, such as expressing fear or anger or extreme confusion, it is essential to begin by validating them. If you tell a child to stop having his/her feelings, they will likely get stronger and get worse, the opposite of what you are trying to do. As the child is successful in reducing his/her fears, be sure to notice this and comment about it. Your child needs to understand that you have noticed his/her efforts. Be sure to share that you have or had those feelings too sometimes, but that you are able to get through it and feel better. Tweens and teens want to know that their feelings are safe ones to have and to explore AND they will want to learn how to move forward learning more about their world through the understanding of their feelings.
- **Promote creativity and imagination as your child grows into tween/teen years** – Allowing your growing child to explore stories/plays/songs about others will allow them the freedom to grow and learn and feel safe learning from their own experiences.
- **Continue showing enthusiasm and interest in your tween/teen experiences** –Even as your tween/teen grows and matures, it is important to stay focused and encourage their learning from all of their experiences. Children appreciate it when you show interest in their experiences no matter how old they become.
- **Breathe AND STOP....**Tweens/teens will express themselves with feeling and will be looking for guidance and attention. Frustration may set in. Remember the following:

STEP BACK AND TAKE A DEEP BREATH

THINK BEFORE YOU SPEAK OR ACT

OBERVE THE SITUATION AND ASK QUESTIONS TO UNDERSTAND

PUT YOURSELF IN THE CHILD'S SHOES