

Parenting Teens Just Got Easier!

Parenting Teens Just Got Easier! is a free monthly eZine for parents of pre-teens and teens from Saso Seminars by Patt and Steve Saso

Restoring Respect for Teens and Our Elders

January 2008

Parenting Tip This Month: Listening and learning: Respecting the voices of teenagers and our elders. Maybe this year you might be inspired to host a multigenerational dinner.

Happy New Year!

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Saso High School Prep Announcements

There are still openings in both classes.

This Saturday, January 5th

HSPT Prep Course – last One-day HSPT Prep course.

Application Essay Workshop - Just added out of demand.

<http://www.sasoseminars.com/hspt.html>

NEW! Math & English tutorials this spring

If you find this eZine helpful please pass it on to others.

Please continue to share this newsletter with those on your lists. Thank you. If this has been forwarded to you, you can subscribe to receive next month's feature article at:

<http://www.sasoseminars.com>

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A young high school student I work with shared that she goes to her grandmother's house every other weekend to help with household chores. She has a close relationship with her Nana, but she also told me, "I feel good being with her. We talk. I get more from the day than she gets."

I was struck by the importance of learning from people across the lifespan, both from the young and the more experienced. Both age groups seem to be dismissed in our current culture.

Her story inspired me to start hosting "multigenerational dinners." My goal was to have them monthly, but last year we had four.

A multigenerational dinner is a simple concept.

Invite a small group of individuals over for dinner and include guests from different age categories.

At our first dinner we had three young adults in their early and mid-twenties, a thirty, a fifty and a sixty-year-old. Another time we had teens to an eighty-year-old. The group changes except for me and Steve.

Build relationships around meal time.

We share in preparing the meal and begin in the early afternoon. This allows relaxed time for chatting. While dining, I place question cards on the table and we take turns answering them.

The sharing is deep and heartfelt. We all leave the evening feeling good...connected by the human soul. And everyone says, "Lets do this again!"

Listen and learn from each other.

The questions are made up and printed on business card stock. (Stay posted because I am going to be giving them away to Parenting Teens Just Got Easier subscribers.)

Table talk opens the heart.

The questions include things like:

"Tell about one of your most memorable holidays?"

"If you could travel anywhere in the world, where would you go and why?"

"Share a painful experience you have had and how did you grow from it?"

Even if you don't host a dinner, the Table Talk game is fun and an interesting way for family members to dialogue and learn from one another.

Restore respect and appreciation for generational differences.

So we invite you to host your own multigenerational dinner this coming year. You will experience something more profound than eating a meal together.

Be a catalyst for healing and change.

These dinners restore respect for our different voices. They challenge us to listen and learn, open our hearts, and encourage connection through compassion and

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understanding. Our families need this. Our country needs this. Our world needs this to survive.

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For More Parenting Tips
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Every parent needs a little help every once in awhile. That's why we are committed to developing quality tools to lend a hand.

<http://www.sasoseminars.com/tools.html>

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Hear for yourself
Saso High School Prep Testimonies
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HSPT programs
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You were great with my son! He came out feeling confident.

He was pleased with his scores. He is prepared. – Mrs. White

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Application Essay Workshop
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If I didn't come to this class I would probably have written the worst essay ever. I learned how to be very diligent when I write.

– Paige Rasmuson

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Visit Saso High School Prep for NEW spring programs
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<http://www.sasoseminars.com/hspt.html>

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Until next time,

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Parenting Teens Just Got Easier

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(Make sure the link is live if placed in an eZine or in a web site.)