

Parenting Teens Just Got Easier! is a free monthly eZine for parents of pre-teens and teens

From Saso Seminars , by Patt and Steve Sasso

January 2009 Are You Ready for Change?

by Patt Saso

Parenting Tip This Month: Is the yelling at your teen helpful? Do you want to learn how to stop?

Happy New Year to you and your family! With everyone making their resolutions at this time of year I had to ask myself if I am committed to making my goals come to fruition by making the changes necessary to follow through. Our goal this year is to provide you with new and better parenting resources. And they are coming!

We have lots of changes on the way for you this year. Read on to learn what exciting new resources we have that will help you be the best parent you can be.

=====
Announcement Hot Links
=====

Saso High School Prep

For a limited time you can sign your 7th grader up for an HSPT assessment evaluation at a discounted price! To learn more:

<http://www.sasohighschoolprep.com/pages/HSPT.html>

* * *

Parenting Tools

Is your teen rebelling against the rules? Is your son making poor decisions? Is your daughter irritable and impatience with you? We can help!

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

=====
January 2009 Featured Article
=====

Are You Ready for Change?

Patt Saso

www.sasoseminars.com

Setting goals is important for making changes and for personal growth. January is an ideal time to put energy into deciding what you want to transform for yourself this year.

Dream in the New Year.

It started in college. Before we were even married we were doing this. Steve and I have carried on this tradition of creatively setting goals for the upcoming year. Up into high school our kids even participated. And we did it again this year.

You might like to try this. The process is easy. Lay all kinds of magazines on the floor, give each participant a poster board, and begin cutting or tearing out pictures, words, phrases or colorful images to capture your dreams and hopes for the year.

When everyone has finished, give each person a chance to share about their poster and their dreams and desires for the coming year. Kids love this.

What are your parenting resolutions for 2009?

It is easy to focus on material things, but don't neglect the soul of parenting. Commit to a direction you would like to go in for growth in parenting skills. How about learning to set more clear boundaries? Develop more patience? Or aiming to keep your temper under control?

Would you like to learn how to stop yelling?

When you feel strong emotions in dealing with the kids, for example anger for not doing homework or not taking out the garbage when asked, the pre-frontal cortex (PFC) is the area of the brain that modulates these emotions. It allows you to stay calm and speak in a measured, respectful tone.

When your emotions get too intense — as when you have asked your teens fifty times to pick up their stuff from the living room and they have ignored your repeated requests — these strong emotions may override the PFC's ability to modulate the emotional response.

With the PFC no longer in charge, you literally lose your mind. You go crazy. You explode. You rant and rave. And afterwards feel terrible.

Here's what you can do to learn to self-regulate.

Acknowledge your anger. Then say to yourself something like this: "I'm about to lose it with my child and I recognize that my strong emotions are overriding the executive functions of my pre-frontal cortex. The action I will take is to postpone this conversation until I am not feeling so overwhelmed emotionally."

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

January 2009 Are You Ready for Change?
by Patt Saso

Or more simply put, when you are about to go into a rant, give yourself a time out. This break will help you self-regulate.

Our parenting commitment to you in 2009 is to assist you in being a better parent. We've got lots of new parenting tools to help you succeed.

We are making changes for the New Year. For one thing, we will be introducing a revamped website with a new banner "Parenting Teens Just Got Easier."

We'll provide more educational opportunities.

We are committed to offering more instructional material via our website to improve your parenting skills without having to travel or attend an evening seminar.

We will conduct monthly parenting tele-seminars, offering parenting tips and support from the comfort of your own home or workplace.

Five new parenting CDs will soon be available.

And finally 2009 will see the introduction of five new parenting CD's, on topics ranging from "Raising an Emotionally Healthy Child" to "Raising Courageous and Confident Daughters." These CD's will be available real soon.

Our goal is to make parenting teens easier on you.

So if parenting concerns are on your list of resolutions you will find plenty of help and useful resources with us at Saso Seminars: "Parenting Teens Just Got Easier."

=====
For More Parenting Tips

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

Every parent needs a little help every once in awhile. That's why we are committed to developing quality seminars, books & CD's to lend a hand.

=====
Saso High School Prep

<http://www.sasohighschoolprep.com>

February Special

High School Placement Test® Readiness Assessment for 7th graders

This assessment runs \$135 but if you sign up for either of these dates, February 14 or 21, you will receive \$100 off your tuition. You saw that right. It will be \$35. Spaces are limited.

Call 408.821.4790 or visit

<http://www.sasohighschoolprep.com/pages/assessment.html>

=====
Until next time,
Patt & Steve Saso
Parenting Teens Just Got Easier

=====
Subscribe Free:

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

PRIVACY POLICY: We never rent, trade or sell our email list to anyone for any reason whatsoever. You'll never get an unsolicited email from a stranger as a result of joining our list.

© 2009 Saso Seminars. All rights reserved.

You are free to use material from ***Parenting Teens Just Got Easier*** in whole or in part, as long as you include complete attribution, including live web link. And please let us know where the material will appear.