

## **Parenting Teens – How to Avoid Raising a Rude Teenager**

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

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April 2006 Issue

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This month's parenting tip:  
Raising a self assured and respectful teenager

Announcements:  
Free monthly TeleSeminar: April 25th  
Summer High School Prep Courses (HSPT)

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### **How to Avoid Raising a Rude Teenager**

By Patt and Steve Saso

At dinner time Mary and Albert's fifteen year-old son came storming in from basketball practice fuming, "I hate my coach. He's such a dick." Then he threw his backpack across the floor spilling some of its contents. "Crap!"

His father, already sitting at the table, looked up and responded, "Don't act like that in this house! We didn't raise you that way. What'd you do, screw off at practice?"

Incredulous, Andy angrily headed to his room, slamming the door behind him shouting, "I'm not eating!"

Stunned, Mary and Albert starred at each other. "How rude! That young man has to learn to control himself!"

Mistakes to avoid

Ask yourself, was Andy rude or might he be angry, hurt and/or frustrated? How would you have handled this situation in your home?

Mary and Albert made a common and damaging mistake. They believe that if they confront the behavior then their son will stop the behavior. In addition,

trying to extinguish rude behavior with rudeness will not get the long term results you want and expect in your teenager. Kids easily see through hypocrisy. These parents were unable to recognize what they were doing.

Another mistake is that these parents believe their son's negative emotions reflect poorly on them. To avoid feeling bad they ignore and deny their son's frustration and anger.

To avoid raising a rude teenager they need to do something different.

Recent studies have revealed that the skills to cope with feelings – even more than IQ – will determine a person's success in all areas of life, including happiness and family relationships. Emotional health impacts a child throughout life.

The importance of bridging emotions

When a child is able to label his or her feelings, it gives a sense of control. When he knows what is going on inside, he can make choices to take care of himself, rather than act out unconsciously. The ability to bridge feelings and behavior equals emotional intelligence.

Bridging emotions includes knowing what you are feeling, taking responsibility for your feelings, being able to talk about what is going on inside you and being able to take care of yourself by self-soothing. When parents help teens learn to recognize their emotions, it lays the foundation for a shared relationship to solve problems together.

Three tips for parents to teach feeling skills to teens:

1. Practice patience. First of all, know what to expect. Children act out. They are at times moody and rude. They are human beings. We all have to learn to master our emotions to self-soothe. Parents can aide in teaching these skills by increasing their emotional intelligence. Then when your child's emotions erupt, focus on being their ally not the enemy.
2. Mine from your child his or her internal landscape. Mary and Albert could have responded with: "You're angry. Tell us what happened at practice." Or "Sounds like the coach said something to you that was hurtful." Or "Wow, we hear your frustration. Something must have happened to aggravate you." Even if you don't nail the feeling you are letting your son know you are witnessing his inner world. If there is an opening he will talk to clarify his feelings.
3. Speak to the emotions with compassion. Try to tap into and identity the internal experience of the child. When the emotion is named, kids feel heard

and acknowledged. Teens develop greater self-confidence when they are aware of their emotions. When a teen is understood and understands what he is feeling, there is no need to act out or be rude.

Remember any parent can become an emotional teacher, helping kids to bridge feelings with actions. Children will still get sad, angry or scared, but emotionally intelligent kids are better able to calm themselves, bounce back from adversity and carry on with productive activities.

For additional resources and to learn more about the skills needed to emotion coach your teens refer to our book Parenting Your Teen with TLC or the CD package "Parents -- are You Prepared for the Teen Years?"

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

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FREE Monthly TeleSeminar: April 25  
<http://www.sasoseminars.com/tele.html>

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### Effective Limit Setting

Tuesday, April 25  
1 p.m. Pacific Time  
45 minutes approximately

To register go to:

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

Establishing limits and consequences for teenagers can be frustrating because it is not always clear what to do. In the heat of the moment it doesn't come easily.

When teenagers don't follow our directives, the situation may intensify. Our parental authority can be threatened when our focus is on making teens behave, rather than on keeping them safe.

Limits are not about controlling our kids, but about teaching self-control. Parents need to teach teens how to develop an inner control. The objective is to have them make sound decisions when we are not around.

This FREE TeleSeminar on Effective Limit Setting will help parents deal with difficult situations by:

1. addressing boundaries and limits,
2. differentiating between punishment and discipline, and

3. providing resources to deal with challenging issues.

Come join us. The only cost to you is the long-distance call. It is to Iowa and shouldn't be more than \$3.50 if you live in the U.S.

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

Here's what others are saying:

Thank you so much for the FREE teleconference! It was wonderful and full of excellent advice to 'ride the wave' of the teenage years. I feel less anxious, and understand more fully what my children will be going through. It is already starting with my 12 year old daughter. Now I feel more "ready"!

Sincerely,  
Ellen Hubler

Hi! I just got done with your seminar on helping your child succeed in school. I just wanted to say "Thanks" for taking the time to put this on. It was very informative and helpful. The advice was great and realistic. Thanks for taking the time to answer questions afterwards as well. It was great to get personal advice on my child, and it was also helpful to hear others concerns and questions. It also helped me to hear that other people are having the same concerns. I guess my kid isn't the only one and I might not be that bad of a parent after all! Thanks again. I look forward to your next seminar!

– JoLynn

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Summer High School Prep Course (HSPT)

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

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Low student teacher ratio. Limited class sizes.

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

\*The HSPT is used for high school admissions, grade placement,  
and scholarship awards predominately by Catholic high schools.

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Peace and patience 'til next month,

Patt and Steve Saso  
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