

**Parenting Teens Just Got Easier!**  
is free monthly eZine for parents of pre-teens and teens from Saso Seminars  
by Patt and Steve Saso  
**September 2008**  
**The Parenting Myth**

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**Announcement Hot Links**  
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**Gift for New Subscribers**

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

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**Free TeleSeminar**

Interested in attending a Catholic high school? We'll share 8 steps you can take to help improve your child's chances of gaining acceptance.

Tuesday, September 16 @ 12:00 Pacific Time

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

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**Saso High School Prep**

Are you looking into a Catholic high school for your 8<sup>th</sup> grader?

We can help improve your chances of acceptance.

<http://www.sasohighschoolprep.com>

Courses begin week of September 29<sup>th</sup>.

**Testimony:** "Brandon did get accepted to Bellarmine and a large part of his confidence in going through with the test and application came from the HSPT class last summer. He came away with some great tools for test taking. Thank you again." ~ Monique B.

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**Parent Coaching**

Do you want to reduce the conflict you and your teen? Parent coaching is designed for building bridges and strengthening the parent-teen relationship.

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

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**September 2008 Featured Article**  
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**The Parenting Myth**

**By Patt Saso**

[www.SasoSeminars.com](http://www.SasoSeminars.com)

Professionally my husband, Steve, and I bring a combined expertise of a half century working with teens and families.

For almost two decades I've practiced as a marriage & family therapist and Steve has been a high school educator for thirty-five years.

Our three children are now college age. I figure that's an additional sixty years of hands-on experience. Birthing and raising children into adulthood is the hardest thing we will ever have to do.

We pooled years of know-how to write books and seminars on parenting. But I'll tell you what...I was more confident about raising teenagers before having them. Being "parenting experts" didn't exempt us from experiencing the very real challenges of raising a family.

By training, I'm a psychotherapist. Helping people move out of pain when they are hurting in relationships. But when my kids were in high school they called me a *PSYCHO* therapist...and at times their assessment was accurate. Parents can experience losing their minds at some point.

**There is one challenge parents can never be fully prepared for.**

The unexpected trials of raising teens are more psychological than anything else. We have ideas about how kids are *supposed* to be and the way things are *suppose* to go. Life eventually challenges our beliefs and expectations.

While raising teens, many deep issues within us get triggered. At times, the suffering created by worry can cause profound anguish. There were times raising our teens when I truly believed that God was trying to punish me for enjoying sex in the first place with my husband.

**What is the Parenting Myth?**

The storyline is misleading in our culture. Unrealistic.

*The myth is that we are expected to be perfect parents. And the measure of our success is by what our teens do or don't do.*

Teens are in a stage of disequilibrium. This is NOT the time to measure anything! Developmentally they are moving into a unique, yet temporary place.

If "Men are from Mars & Women from Venus" then *teens must be from Uranus*. They are crazy. Teenagers are delightfully outrageous and at times momentarily insane.

The adolescent brain, especially the prefrontal cortex (PFC), is undergoing major reconstruction.

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The PFC is responsible for things like: decision making, seeing consequences, understanding another person's point of view, regulating emotions, morality, and fear modulation. As you know, these are not strong points for most teenagers.

**Parenting is all about you. Not your child's behavior.**

The unspoken message behind the myth is that you are responsible for controlling your child's behavior.

Instead, parenting is about how you respond to challenges. It's how you behave when your child does something you don't agree with or catches you off guard. It's how you react when your teen talks back or confronts your authority. Do you move quickly into anger? Or are you able to respond with the patience of a wise teacher?

Parenting is not about taking back control. We need to be focusing on building relationships so to influence teen's decisions. Loving actions demonstrated in partnership with a child's inner growth – that is successful parenting.

If we measure our success by our teens' behavior then we are not paying attention to their developmental needs, but rather our own need to be seen as successful.

Family-life is like a hanging mobile, the kind you see on baby cribs. You just have to move one object and everything changes.

**If you don't like your teen's behavior then change your response.**

We can't change others, but we can change ourselves. And like the mobile, if you make changes so will your teen.

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**For More Parenting Tips**

<http://www.sasoseminars.com/tools.html>  
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Every parent needs a little help every once in awhile. That's why we are committed to lending a helping hand.

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**Saso High School Prep**

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**HSPT® fall workshops**

Are you looking into a Catholic high school for your 8<sup>th</sup> grader?

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--HSPT® fall workshops  
--Catholic High School Application Essay Workshop

<http://www.sasohighschoolprep.com>

**Testimonies**

Sarah has enjoyed this class immensely. She's really feeling much more comfortable with her skills in math and grammar and was so excited to report that you and your son explain concepts so that everyone understands. So often, especially with math, we have found that the explanations are unclear and therefore the process just doesn't get committed to memory. Thanks again for everything. ~~ Cynthia H.

I want to let you know that Brandon was accepted into St. Francis and is very happy. He thoroughly enjoyed your Saturday prep classes. He felt that he did better than he thought he was going to do on the entrance test because of your class. We want to thank you for a great preparation for the entrance exam. I have another younger child that will be applying in two years so be assured that you will be hearing from me again to sign up my youngest for your prep classes. Thank you for all your hard work and support for the kids. ~~ Deborah M.

I was reviewing some old emails, and realized I hadn't thanked you for helping Katie be successful in getting into Mitty. She applied to Mitty and Notre Dame and was accepted at both. Thank you again for all the good work that you do and did to support her. I saw that you have a new book out about raising teens, and it's definitely on my must reads. ~~ Judy

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**Until next time,**

**Patt & Steve Saso**  
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<http://www.sasoseminars.com/freestuff.html>

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