

Parenting Teens Just Got Easier: **Parenting Wisdom from Teenagers**
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

November 2006 Issue

Several people have asked if they missed our October newsletter. No. We are late. Steve celebrated a milestone birthday and the preparations for his party, along with the exceptionally busy few weeks of traveling and seminars, has distracted us from getting the newsletter out on time. We are just getting around to it.

This month's parenting tip:

Maybe if you really listen, your teen will let you know what s/he needs, and it may not be what you think.

Announcements:

Saso High School Prep:
One-day HSPT Prep (w/ optional two-day)

NEW – 8th grade English Writing Skills Workshop:
Writing workshop for the Private High School Application Essay

Please pass on this newsletter to friends who might benefit from it.

Word count: 851

Approx reading time: a little over 3 minutes

Parenting Wisdom from Teenagers

By Patt & Steve Saso

Steve did an interesting assignment in his class recently. He asked his students:

“What is one piece of advice that you would give to parents about raising a teenager?”

If parents are willing to listen to their teens they may have an opportunity to learn something. When parents do not respect what their kids have to say and try to push their agenda instead, conflict may arise.

A neighbor recently shared that she daily checks the Parent Connect at her son's school keeping up on his grades and assignments. She was upset at him for getting a C- on a recent quiz. She scolded him for being irresponsible.

The son tried to assure his mother that he was doing fine and that one low quiz score would not affect his grade. The mom ignored his comment and before long they were in a heated argument. The mom ended by telling him he had to come home immediately after school and would not be allowed to chat with friends.

So what's wrong?

One problem is that the mom is sabotaging her own parenting. She wants to teach accountability yet her actions reinforce irresponsibility. By micro managing she is saying, "You are incapable of handling this yourself."

I don't know about you, but that is not the message I want my child to receive. Another problem is that she initiated this fight because of her own parental agenda. She did not listen.

To teach responsibility we have to trust our kids and let them make their own decisions. Errors will happen. It is our job to help them learn lessons, not to prevent mistakes.

"Always treat your teens with respect and treat them like real people. If the teen is doing something wrong, it doesn't help to keep piling on punishments. It just makes them angry and rebellious. Try to fix the problem by talking and brainstorming solutions," shared a freshman in high school.

Listening for answers

The following are more responses from Steve's students. They cluster around six important themes. Look for something that might be helpful in your home.

Control and autonomy

- Give your teen plenty of independence, and step in when necessary. Don't always be so suspicious of them.
- Let your teenager have some freedom of choice in what they want to do, and not to control them all the time.
- Let teens make more decisions themselves. Not all decisions, but more.
- Let them develop their own personality and "look."
- Parents need always to continue to be concerned with their kids, no matter how independent they want to be.

Respecting privacy and space

- Always communicate with your kids and know what is going on in their lives, but don't be overly nosy.
- Give your teens room. Don't lean over them like a hawk; trust them.
- Don't be so nosy about your child's personal life, but still be willing to talk when they want to talk.
- Don't ask them too many questions, and let go of the strong control you have over their lives.
- Let them have their privacy, but still occasionally check up on them, just not every second.

Understanding

- Try to understand what the teen is going through.
- Understand that they are going through a lot of stress and emotional changes.
- Try to be patient with teens, even when you are stressed about your job.
- Don't get upset over every single error they make; be understanding.

Listening

- Listen to their opinions and not just assume everything.
- Listen to what s/he has to say, instead of thinking you are always right.
- Before you lecture or get mad, try to look at the situation from the kid's point of view. Don't get mad before you hear what the situation is.

Trust

- Trust your teenager more rather than constantly watching over them.
- Allow your teen to experiment and make mistakes, and then enforce the lessons they must learn.
- Trust first. Let us go out and do what we want, and once that trust is broken, then say no to things.

Sovereignty

- Let teens be themselves. Don't be hard on them for doing things a teenager would do. Set restrictions appropriately, but let them bend the rules once in awhile.
- Prod your kids in the right direction, but never down a path that YOU think is best. Let them make their own mistakes, and be who they want to be, not who you want them to be.
- Do not force teens to do what you want, because it may not be the best thing for them.

Learning from one another

Parenting is a balancing act: guiding our teens with limits while giving them freedom to learn to handle their lives, treating them as young adults while recognizing that they are still developing and maturing, encouraging them to be their best selves while trying to respect their individuality.

It is a time of challenge for parents and teenagers and may we be humble and wise enough to learn from one another.

Our resources have helped thousands of parents! If you find your son is becoming mouthier, or your daughter suddenly resents you for asking about her day, or you are feeling frustrated because your teen is talking to you less, then we recommend our parenting tool packages at:

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

Saso High School Prep:

Program for current 8th graders interested in the HSPT
One-day Prep (w/ optional two-day)

**Increase your student's chances of getting into
the Catholic high school of his or her choice.**

Saso High School Placement Test Prep Course
is a proven program designed to enable students to:

- Strengthen test-taking skills,
- Practice HSPT exams,
- Master time management strategies,
- Improve skills and knowledge in Math and English, and
- Increase self-confidence in taking the HSPT exam.

5 Saturday to Choose from: November 18, December 2, 9, 16, or
Jan. 6, 2007

For registration or more info go to:

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

*The HSPT is given in January and is used for high school admissions, grade placement, and scholarship awards predominantly by Catholic high schools.

HSPT Testimonies from past students

It would have been impossible to know what to expect and

prepare for on the test without Mr. Saso's class. It made me feel a lot more prepared and confident. -- Daniel Braunstein

This was an extremely great preparation for the test. The placement was a breeze especially through taking the practice tests Mr. Saso gives. -- Kevin Kim, student

Mr. Saso not only prepared me for the HSPT, but provided me with a sense of confidence. I highly recommend this course. -- Christina Jones, student

HSPT registration information:

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

NEW –Writing Workshop for the Private High School Application Essay

Many students get over-whelmed with the task of completing their private high school application essays. Too many procrastinate with the essay questions **and end up not doing their best work.**

The application essay is one criterion that private high schools use to evaluate students for admission. These essays help admission offices assess where students are in their writing skills and what they will bring to the high school.

This new program is designed for students to take the pain out of planning and writing their private high school application essay questions and response statements.

Each student will produce one (or more) final draft of application essay question to be imported into their high school application.

Class sizes are limited to 15 students with two instructors.

Register early.

To learn more go to:

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

Peace and patience 'til next month,

Patt & Steve Saso
Parenting Teens Just Got Easier
Saso Seminars

<http://www.SasoSeminars.com>

514 Prada Drive
Milpitas, CA 95035 USA
408.262.6837
Email seminars@saso.com

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

Unsubscribe go to: leave-sasoseminars@mh.databack.com

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.

© 2006 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 acknowledge the source by including our live web site link and E-mail. Please let us know by email where the material will appear.