

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

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

Attention parents of 8th graders!
Don't miss these workshops this Saturday, November 10.

- One-day Review: High School Placement Test (HSPT)

"Some things that I found helpful from taking this class is knowing what the test looks like, what type of questions will be asked, and how fast I need to work." -- Paul J.

- Application Essay Writing Workshop

"I loved this workshop! It helped me with my writing so much. The timing was perfect. The teachers' student connection was perfect. I got help when I needed it and there was great advice." --Janaya H.

Don't worry if you can't make it. These workshops will be offered again. See registration flyers for more information.

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

=====
November Issue 2007
=====

Helping Teens Tame Their Dragon
By Patt Saso

Do you sometimes feel your teen is acting like a dragon right out of an enchanted fairytale— sweet and cuddly one moment, then blowing fierce smoke the next?

A teen's anger can have many different triggers.

Some triggers may include: frustration, peer pressures, relationship issues, academic demands and low self-esteem.

Anger and conflict within a home, parental stress, divorce, death, abuse or trauma also may spark deep hurt. It is not uncommon for hurt and sadness to get acted out with anger.

Many parents are at a loss to understand their child's anger, much less know what to do.

How you respond to anger is crucial to helping your teens tame their dragon. Its important right off the bat to ask...

"Am I an angry parent?"

- Do you have a short fuse?
- It is difficult for you to relax?
- Does it seem like the conflict within your family doesn't have an end in sight?
- Are you feeling overwhelmed with life's demands?
- Are you confused about what to expect as your teen enters a new developmental stage?
- Are you able to say you are sorry when you have wronged your child?
- Do you react with punishment, instead of encouraging dialogue and understanding?

Examining your own dragons

It took me a while to catch sight of and examine my own anger. I carried a lot of shame around it. Growing up in a dysfunctional family I couldn't assess what was normal anger and what wasn't.

As a parent, I often got triggered when I saw or heard my oldest son react with anger. Since I had no understanding of my own "dragon," I got seriously irritated when he was upset.

How's that for the blind leading the blind?

Over the years I have learned that it is possible to help a teen achieve self regulation if you have a map.

Learning to lead the way

First of all, tame your anger first. Realize that to a child your fuming is the scariest dragon in the world.

Secondly, examine how you cope with conflict and anger. Do you primarily operate from a place of being passive, authoritarian, anxious or democratic?

Passive parents can easily let the dragon have its way and fail to set healthy boundaries. Without a safety net some children may become increasingly out of control.

Authoritarian parents believe might is right and set firm boundaries leaving no room for flexibility. Rigidity may increase resentment and does not teach a child to self-regulate their anger.

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

Anxious parents, those preoccupied with worry, are often petrified by uncertainty. Consumed with fear they tend to micromanage a child's life. Frequently they overreact when a mistake is made, driving the teen away.

Democratic parents stop, look and listen. Everyone gets a say, but not everyone gets their way. Kids experience safety because parents adapt to their changing needs.

And finally, learn from teachers. For over two decades I have witnessed my husband, Steve, as a high school instructor. Let me share what he does in the classroom that may be useful for parents.

- Act as the authority while sharing information
- Use humor and make learning enjoyable
- Set fair and reasonable rules
- Implement consequences that promote healthy outcomes
- Walk the talk and model self-control
- Treat others with respect
- Encourage clear and honest communication
- Respect the opinion of others
- Listen
- Be flexible and adaptable

"Teacher" parents explore the root causes of a teen's anger and move into action. They work as a team with their teen to help him or her gain skills to tame their dragon. If one intervention doesn't work they are flexible and adaptable enough to try another one. And if necessary they seek professional help.

Patt Saso is a licensed Marriage and Family therapist with a private practice in Milpitas, CA. and a national parenting speaker. She is co-author, along with Steve Saso, of the award winning books, **10 Best Gifts for Your Teen** and **Parenting Your Teen with TLC**. She writes a free monthly eNewsletter, **Parenting Teens Just Got Easier** on their web at www.SasoSeminars.com.

For more resources on raising healthy teens visit:
<http://www.sasoseminars.com>

=====

Saso High School Prep (SHSP)

Our High School Placement Test prep courses offer more than getting accepted into a Catholic high school. They offer life long learning. Students who complete our programs report feeling more confident and motivated because they have the tools they need to succeed academically.

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

Application Essay Writing Workshop

This workshop is designed to take the frustration and worry out of the writing process. The application essay is one criterion that private high school admissions offices use to assess student writing skills and what uniqueness they will bring to their school.

I really loved how the teacher came over to you while you were working and sat down right next to you and helped you whenever you needed help. --Vaughn L.

I learned using [their] procedure on rough drafts and I will use it.--Colin Y.

Scheduling a Parenting Seminar: call or email

"You folks took the roof off last night! Everyone was enraptured by your enthusiasm, expertise, honesty and comprehensive tools you shared. The stories and anecdotes really brought the information home and reinforced that our lives are not unique or alone."
-- Lianne Wong Lamb, Commonwealth Club of CA, Silicon Valley - San Francisco

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

=====
Until next time,

Patt & Steve Saso
Parenting Teens Just Got Easier

408.262.6837
Saso Seminars
seminars@saso.com
www.SasoSeminars.com

=====
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.

© 2007 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.