

Sue Atkins
The Parenting Expert

Parenting Made Easy System

**NAVIGATING THE CHOPPY WATERS OF
THE TEENAGE YEARS**

**DAY 17: OWNING
SOMEONE ELSE'S PROBLEMS**

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In a nutshell – Today we look at how parents become experts at owning their children's problems, and what you can do about it ...

Welcome back!

A lot of parents that I work with are pulling their hair out over untidy bedrooms, messy bathrooms, weird clothes, kids who stay out late, kids who are always borrowing money or are not pulling their weight at home.

But some simple questions I ask them to think about are:

1. Whose problem is this?
2. Is it mine or my teenager's?
3. Who is upset? Me or them?
4. Is this bringing me closer to or further away from the relationship I really want with my son or daughter?
5. What will I think about this incident when they have flown the nest?

The answers to these questions will help you to see the bigger picture to your parenting, and enable you to negotiate effectively or use sanctions to move the incident forward in a positive way.

It's helpful to remember that teenagers are either motivated towards something - like more pocket-money or more time out with a friend – or they are motivated away from something - like the loss of a privilege such as being grounded, loss of computer time or withheld pocket-money.

Find out which way they are motivated and you've cracked it!

To sum up the way to respond to challenging behaviour:

- Refuse to get drawn in and say clearly what you want to see happen.
- Don't take things personally.
- Give your teenager quality attention time and praise the behaviour you want to see more of.
- Don't rescue them all the time. Teach them to be independent and responsible for their actions and negotiate, compromise and talk it through.
- "Ask" rather than "tell".
- Recognise that provocative behaviour can sometimes simply be attention-seeking.
- Motivate, don't nag.
- Use positive, upbeat language and take deep breaths!
- Remember your sense of humour - a smile is a curve that puts a lot of things straight!

A Quick Recap

- Recognise that you may be getting stressed by taking ownership of your children's problems.
- Identify what motivates your teenager and you have real bargaining power!
- Don't take things too seriously. Remember your sense of humour!

We all need some new ideas and support from time to time, so I hope this course has improved your confidence, given you hope and some practical techniques to believe in yourself and enjoy these interesting times and years with your teenager.

Keep learning, but most of all keep laughing.

All the best

A handwritten signature in blue ink that reads "Sue" followed by a stylized flourish.

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Next time ...

We're all but done! As a special treat, we complete our work together with two special bonus visualisation exercises ...

See you then!



Sue Atkins

As seen in:



THE  TIMES



theguardian

BBC
RADIO

Daily  Mail

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The Daily Telegraph

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PSYCHOLOGIES

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