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Parenting Made Easy System

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

DAY 9: SHOWING AFFECTION

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In a nutshell – Today, we are going to talk about different ways of showing affection to our children, and how not to embarrass them in public ...

Welcome back!

Having spent the last two days looking at the questions we ask, the tones of voice we adopt, and reviewing our listening skills, today we will be discussing something a little more light-hearted.

I remember a time when I was teaching at the same school that my son attended. One morning, I went to give him a hug as he ambled into school in front of his mates, and he turned bright red! I'd forgotten that it was OK to give him a hug at home, but not in front of his mates! How embarrassing. I'd committed one of the teenager's cardinal sins! Now that your kids are older it can be difficult to show them affection. So I think it's helpful to find new and different ways to display your love for them that seem more appropriate for this stage in your child's life.

If you're feeling distanced from your teen, just try spending some time with them. You could go shopping with them, or simply offer them a lift somewhere, because a car journey is a great opportunity for a chat.

With my son Will, I remember it was Thursday nights that became my "special time" with him. I dropped him off for his football training, and sometimes in the car we just chewed the fat, and other times we'd have deep and meaningful conversation about one of life's big issues. Sometimes we just listened to the radio, but whatever we did, what was great was that it was "our time" together and it was ring-fenced, and regular, and it became part of our normal family routine.

What could you do?

Now it's your turn!

Get your pen and paper and jot down a few natural, regular times during a typical week when you could just “chat” with your teenager. Write down these things you could do as a family, like watch a comedy programme, play an interactive DVD game, or take the dog for a walk.

Remember that there doesn't always have to be an “issue” to discuss, and you mustn't make the event feel like an inquisition – just take a healthy and normal interest in your teenager's life, build the bonds of connection, and let them find out about your week too.

A Quick Recap

- As your children grow older, it can be difficult to show them affection.
- Build “special time” with your teenager, when you just chat and bond together.

Next time ...

We are look at some of the temptations that your teenager will face at some point, such as smoking, drinking and experimenting with drugs ...

See you then!



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