



Parenting Teens

Learning is a continuous process, what was in demand yesterday could be out dated today... We have to bring our "A game" when it comes to parenting teenagers.

Ask yourself : Do I want my child to be successful or to be happy? (Check out my next article)

Let this question be your guide every time you are at cross roads with your parenting challenges.

These are few parenting tips from my book of experiences, hope it engages my readers.

- **ZERO JUDGEMENT:** As parents we are too close not to judge our teenagers actions, but we need to discipline ourselves to a ZERO JUDGEMENT POLICY with our teens. Simply listen & listen more. Ask them reflective questions to every dilemma they face... The answer surfaces right in front of them, you guided them towards it. Alternatively think of a similar situation you may have faced as a teen, share your story to help them think differently and act accordingly. I promise you all, your teens will rush to share their stories with you once they know you aren't going to judge them NO MATTER WHAT!

- **LET THEM MAKE MISTAKES:** Authenticity is the new you & perfection is so overrated. Allow them their share of mistakes, stand strong beside them and say, "How do we come out of this mess?" let them reflect / learn from these mistakes then move on. If you don't celebrate their failures, they will shy away from failing! We all agree, real success comes from infinite failures!

- **LAUGH OUT LOUD:** Remember the times when you were a teen, today decades later most of the incidents make you laugh! Laugh loudly together with your teen on all the silly incidents they face today. Most of them are silly when looked at in macro. According to "Gelotology" (The scientific study of laughter) laughter is the best stress buster & if practiced regularly it reduces panic attacks & anxiety in teenagers.

- **HUGS ARE A MUST:** Irrespective of how tall your teen is & how dwarfed you are by them, you need to hug your teen every day. Hugs are powerful & have therapeutic effects. Hugs raise the oxytocin levels in people & helps relieve feelings of sadness, isolation & anger. Your teen may shy away at start but keep at it & before you know, you will be surprised by a big bear hug from them!

- **BE AN ACADEMIC BLIND:** Encouragement is the only way to education. To positively motivate your teen to perform exceedingly, tell your teens "I am an academic blind. I don't look at your grades, I look at your passion, your perseverance, your happiness quotient, at giving your 150% to everything you do and the results will amaze you". You'll be surprised at the turnaround you see in your teen when they see you transform your parenting style.

Cherish these moments because in a few years from now they'll be responsible adults treating us like children ;)

Ciao, Binny- Brahmbhatt Sharma