



Every child is different and in a different place in their journey! Please use these ideas as appropriate for you, your child and your family.

JOY PARENTING *Prompts*

TEEN

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As your teen starts their day, leave them a note on their mirror telling them something about their personality that brings you joy.

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When your teen starts telling you how they feel, respond with "Tell me more" to show them you are interested in what they are saying and to give them a safe place to continue to "emotionally exhale."

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At a meal this week, ask: "Where did you see God today?"

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What's your favorite way to hang out with your teen?
How can you do more of it this week?

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When in conflict, look for what you can apologize for. Our connection with our teens go deeper when we apologize first. When a parent says "I'm sorry" they give their child a model for apology-making, and forgiveness and resolution fill a home with joy!

