



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.

LOVE PARENTING *Prompts*

PRETEEN & YOUNG TEEN

*

As your preteen or young teen starts their day, leave them a note on their mirror telling them something about their personality that you love.

*

Have a bedtime prayer together thanking God for His love and naming what you see that shows His love, such as "Thank you for all the ways you love us - you made a beautiful world for us, you listen to us when we talk to you, you are always with us, you give us friends and family to help us..."

*

When we pause and look at our kids in the eyes for an extended period of time, and we listen to them and speak loving and affirming words, they feel seen - like someone understands them and is listening to them in a very real way.
Before they walk out the door in the morning, pause, look at them for 30 seconds, and say, "I love you. I believe in you. And no matter what, I am for you."

*

Initiate quality time with them preteen or young teen without waiting for them to ask - those times may get fewer and farther apart as they strive for independence. Pay attention to what matters to them and be willing to show up in their world, doing things that they enjoy.

