



JOY

REFLECTION & DISCUSSION *Questions*

VIDEO: "CONNECTING WITH THE HEART OF YOUR PRETEEN AND TEEN"

How is your current connection with the heart of your preteen or teen?
If you are parenting with a spouse, discuss together your perspectives on each parent's connection with each of your children.

If you are a single parent, is there a trusted someone who knows your family that you can ask input in this area?

In the video, seven tips for connecting with your preteen or teen are discussed:

- Be a good listener
- Create a safe space
- Communicate your intentions
- Practice curiosity
- Lead by example
- Express unconditional love
- Ask for feedback

How have you seen any of these tips foster strong connection with your preteen or teen in the past?

Which of the seven areas is easiest for you to display or do in your relationship(s) with your teen or preteen?

Is there one tip you would like to implement or strengthen this month in order to help build more joy and connection in your relationship with you preteen or teen?
What change(s) do you need to make?

If discussing in a group of parents, share with each other what you do or want to do - formed habits and/or new decisions - to build joyful and strong connections with the heart of your child(ren).

