

# HOW TO BE A ROCK STAR PARENT TO YOUR TEENAGER

YESTERDAY, I WOKE UP AND I REALIZED THAT I AM NOW A MOM OF A TEENAGER. THE GOOD NEWS IS THAT IT'S TAKEN ABOUT THIRTEEN YEARS TO GET HERE, BUT IT'S NOW OFFICIAL. AND LIKE MOST PARENTING LESSONS, THIS ONE HAS BEEN A GRADUAL UNFOLDING.



## DO RESEARCH.

Understanding and realizing that during adolescence your son or daughter may be going through certain emotional and physical changes can help you feel better prepared for when those changes actually happen.

## STAY OBJECTIVE.

When there is objectivity, answers magically appear. It's important to remember that calming your own body first and then asking questions will help your teen learn to problem solve and develop self control.



## LISTEN AND ENCOURAGE THEM.

This doesn't have to be a big production, but can look like when they want to talk, be there to listen and not judge them. If they want to pursue something, try your best to support them and their interest (even if it seems different from the past).



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