

Parenting TEENS

With Love

Applying The Effective Parenting Styles and
Tips for Teens in the 21st Century!



Monica Davis

Parenting Teens With Love: Applying The Effective Parenting Styles and Tips for Teens in the 21st Century! [Expanded Edition]

By Monica Davis

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Smashwords Edition

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## Introduction

Let me start this way, as I refer to *Wikipedia* for more information on this raging issue in contemporary families, that has almost turn most home to a battle zone! Yes, I am talking about the teens issue, and I am in no doubt that you are aware of this same challenge that is giving many parents sleepless night and to be frank with you, many of this young adults found in this age bracket are also having a running battle explaining what is going on within them....

Now, I remember this same age group we readily call teens age ... is also known as Adolescence, a word derived from a Latin word, *adolescere*, which means "to grow up"; well, this same word is defined as a transitional stage of physical and psychological human development that generally occurs during the period from puberty to legal adulthood or the age of majority.

*The period of adolescence is most closely associated with the teenage years, though its physical, psychological and cultural expressions may begin earlier and end later.*

*For example, although puberty has been historically associated with the onset of adolescent development, it now typically begins prior to the teenage years and there has been a normative shift of it occurring in preadolescence, particularly in females.*

*Physical growth, as distinct from puberty (particularly in males), and cognitive development generally seen in adolescence, can also extend into the early twenties. Thus chronological age provides only a rough marker of adolescence, and scholars have found it difficult to agree upon a precise definition of adolescence.*

Well, that been as it may be, I have heard it many times without number how challenging it is to deal with or should I say handling the toddlers can be. But, I beg to say it here and now, that handling teenagers is even more challenging. Yes, just ask any parent who has had the benefit to raise them and you will agree with me. Fair enough, I know myself, because I am a parent too....

I know all and sundry warns us about the “terrible two’s”, but a kid does not match the trouble caused once they hit the terrible teens. Okay, I am not here to scare you... no, not at all, you just have to understand that your precious kids changed from idolizing your every move to leaving you behind, and moved on!

Yes, at this stage of their development, you discover that, everything is suddenly about them - their friends, their mobile phone, their Facebook, and what have you. But, I must confess here also, that most parents’ response is not helping the matter either, as they respond by preaching, nagging and threatening, often causing teens to feel less respected and become insolent or withdrawn altogether. It is a never ending cycle. Notwithstanding the fact that it is impracticable to avoid the challenge, but I know you can make the challenge smoother with communication.

Now, if you are a parent of any teen for that matter, you already know that the adolescent years are unsurprisingly a time of conflict for parents and teenagers. Yes, this is the period when these children grow into a distinct person.

I mean, you have to come to the term that, at this stage of their life, teens naturally start to pull away, so they can make decisions independent of the pattern their parents expect. The truth is that, this stage is a time of self-discovery for the teens and at the same time can be a nightmare period for parents.

Well, it is also true that during these important formative years, we parents want to make sure our kids maintain the values we worked hard to instill, however, as a parent; you have to be diplomatic on how you go about it. You don’t have to push things all to the point they get irritated, you have to apply wisdom even when you have to maintain discipline in the home.

The reason is not farfetched, you need to understand the fact that teenagers naturally resist and argue in an attempt to assert their forming beliefs. In reality, when parents don’t manage this phase properly, the bumpy interaction between parents and teenagers often creates a time of confusion in the family.

However, in this book I will be exposing concrete tips that are guaranteed to help you in the challenge of parenting your teen(s).



# Understanding the Attitude of Teenagers

An attitude is an expression of favor or disfavor toward a person, place, thing, or event (the attitude object). Prominent psychologist Gordon Allport once described attitudes "the most distinctive and indispensable concept in contemporary social psychology." -Wikipedia

But Charles Swindoll, writing on the importance of attitude said "The longer I live, the more I realize the impact of attitude on life."

*He also said, "Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company... a church... a home."*

*He added, that "The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past... and we cannot change the fact that people will act in a certain way.*

*We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude... I am convinced that life is 10% what happens to me and 90% how I react to it."*

*And so it is with you as parents... what I am saying is that we are in charge of our attitudes and as a matter of fact, we need to understand our teenagers and respond to them appropriately. Yes, don't allow their antics get to you that you lose your cool to respond in a way that only aggravate the issue and not solve it.*

*Therefore, as a parent, the best ways to win the battle posed by your teenage child's new development is by understanding the way the teens' reason. Yes, there are some dramatic changes in your child's behavior and in reality they are red flags or signs that they have crossed into the teen years.*

*However, you don't need to panic... but you need to understand, that as teenagers they will start to see the world in a whole new light as they begin*



*to think more logically and in some cases abstractly!*

Now, at such a time, you should know they are trying to decide who they are and how they fit into the world. The truth is that, they are in a process of creating their own identity! In fact, if you are observant, you will start to notice their hairstyles; their clothing and even their attitudes start to change as they try on new identities.

Yes, this change becomes very apparent as you see your youngsters who would do anything to please you before as the parents begin to find additional role models to fit their new image. Consequently, they naturally start pushing away from you to be more independent.

Now, if you can cast your mind back to how mystifying and complicated your own adolescent years are, then that may help you as parent to put emphasis on adopting a healthy approach to parenting your teens now.

So, no matter the perspective you are looking at it from, there is no doubt, teens have a lot of issues to deal with that seem trivial to we adults, but for them, these are earth crushing events to handle. Well, you should readily remember the issue of acne, voice changes, and even the physical development we all encountered during our time!

In fact, if you are watching, you will discover that your high spirited child may abruptly be moody for no apparent reasons. And the amusing fact here is that, at such times, they don't even understand why. Yes, they may not know why ... but we need to know that all of these changes are not just physical but some may be hormonal.

Without doubt, there will be some emotional ups and downs that are unavoidable at this stage. But you need to talk to them about these changes and let them know you understand. The truth is that teens sometimes have a hard time realizing the world is not dishing out a personal attack at them.

Guess what, here is the right time to let them know you understand what they are going through and you can even take a step further to disclose an appropriate story about your teen years, yes, so they know you have been there before! This approach will be effective if you understand their fear and more importantly, when you show you are there for them.

In fact, studies have shown that teens with a closer bond with their parents have on the whole, more positive outlook at this stage and deal with the situation better.

Another thing we need to understand is that adolescents also need their privacy. You know, they are starting to form boundaries and are more perceptive to their independence and individual space. So, don't be shocked if they plaster their pastel walls with poster and other "clutter".

The truth is that as a parent, you just have to know, it is their way of shedding their old selves and expressing the personality they are becoming. In fact, coming in to clean their room to them is the equivalent of having a spy on the loose.

So, if it is so compulsory they keep their room clean; then let them do it themselves... just let them be responsible for their own space. Don't get me wrong here, this doesn't mean you don't keep tabs on what they are doing or who they are doing it with. What I mean here is that you give them the respect and privacy a teen needs until they give you a reason to doubt them.

Now, regardless of these teenage issues with parents, there are still times when they will need their parents' help and support. Even so, don't try to solve all their problems.

As a matter of fact, take your time to listen to their situation completely and then ask "How would you like to handle this?" Yes, hear them out first then repeat back what they said to them just to show you value their views.

Thereafter, offer your suggestions and particularly, if the issue is not life-threatening allow them to make their mistake. Remember, people learn faster when they make their own mistake and correct them themselves....

Now, if the whole thing works out, give them credit with lot of praises and if not, be there to support them, by giving them all the advice they may need. The truth is that, they will learn to handle life problems, while knowing that you have faith in them and respect them as a grown-up individual.

# Communication Tips for Parenting Teenagers

Firstly, according to [www.businessdictionary.com](http://www.businessdictionary.com): Communication is a two-way process of reaching mutual understanding, in which participants not only exchange (encode-decode) information, news, ideas and feelings but also create and share meaning. In general, communication is a means of connecting people or places.

Therefore, we can say Communication is an act of dialogue and for you to be in a meaningful dialogue, two or more persons must be involved otherwise it will be a monologue. Therefore, you can't accomplish anything communication wise if no one is listening.

As you must have known, communication is the foundation for a positive relationship ... so it is important you have a good communication channel open with your teens. In fact, it goes without gainsaying that to be successful with the teens, you must keep the communication line open, no matter the attitude they may put up for or against it.

However, you need to be aware that some attitudes can also make communication difficult. For instance, great anger or sadness may cause someone to lose focus on the present moment. In fact, disorders such as Autism may also severely hamper effective communication.

In that wise, to have a head start in this area with your teenager, here are a few tips to help you start opening the lines of communication and maintain them so...

- ***Build self-belief:*** Don't be surprised when you give your opinion about issues or even ask your teen questions and their first reaction will almost and always be... "You don't trust me"! However, try to build trust early. Demonstrate your faith in them by giving them some age specific freedoms. Nevertheless, make it clear that, if the trust is broken, then the freedoms will be taken away until the faith is rebuilt.

- ***Live out Honesty:*** Since at this age, teenagers develop their thinking skills...they are very alert to what you say or do and particularly they are sensitive to constancy. Yes, if you say something and do another, they will

recognize your actions as insincere. Watch out, by being insincere you will lose their respect and your ability to show the way to them.

- ***Encourage Relationships:*** Show them at every given opportunity that their opinions matter and that you are paying attention to their life development. In view of the fact that teens are always into things of the here and now; always ask questions they find relevant, things that will invoke their interest. For example, you can ask them what they like to do for fun or where they may want to live after high school.

Remember, a back and forth conversations (a dialogue) will help break through the walls and build a bond that lecturing cannot break through. It is important also that you know that, it's best you don't wait till they are older to open the lines of communication. Then, it might be too late! The earlier you open the lines of communication the more likely they will stay attached to you during the teen years.

- ***Stay Calm:*** Yes, you need to be calm when dealing with teenagers. The fact is, at this stage teenagers are still formulating their opinions and will take every opportunity to test their arguing skills. Therefore, avoid the temptation to get into a power struggle with them. Just make it a habit to listen to their opinions even if you do not always agree with their viewpoint.

The right approach here is the ability to choose your battles wisely. Don't get into the habit of yelling and getting angry all the time... that will only be an invitation for a battle extravaganza.

Yes, even when you are angry, keep the volume down and stay calm to show you have control of the state of affairs. They will be more likely to mirror your conduct and have a "mature" dialogue.

- ***Be Ready To Spend Time:*** Without any doubt, relationships need time to nurture them, and in fact, close relationships are produced by spending time together. Well, with today's busy schedules, it can be a challenge to spend time with the family.

Nevertheless, it is important to squeeze out routine time to spend with your teen to keep the lines of communication open. You may have to embrace non-negotiable family times, and endeavor to have dinner together as often as feasible to ensure you spend quality time with your teens.



## Day by Day Parenting Teens Tips

Without any doubt, or fear of sounding like a broken record, I need to reemphasize the need to make sure that the channel of communication is kept open. The import of this cannot be over-stated.

To make a success of your parenting assignment from God who gave you privilege to have those children in your care, the first step is to open the lines of communication.

Once that has been accomplished, you should be better prepared to deal with the daily issues that may arise as a parent. And to assist you, here are a few tips to build a positive schedule.

**Promote Activities for Individual Growth:** Note that teens maintain a better attitude when they partake in activities allowing them to express themselves. Therefore, encourage extra curricula activities like art programs, sports or band to help them find significance in themselves.

In reality, evidence has also revealed that teens who partake in community service get involved in less risky behaviors and receive higher grades in school too.

**Endorse Teens to Have a Part- time Job:** This will no doubt teach them some important skills for their future but more importantly, they will learn things such as accountability, time and money management, along with the ability to communicate effectively and be able to manage their time well.

**Build a Close Relationship:** Bear in mind, communication is very important and teens are persuaded by the people they spend time with the most. Therefore, create time and spend time with them... yes, by doing that, as a parent, you can contribute the most powerful impact on a child's mind-set, conduct and even their life approach.

Definitely, you can even form close bonds by making family dinners a time to connect. Talk to your teens about issues that are important to them such as school or their friends. Refuse to give in to the urge to be a know-it-all.

Instead, actively pay attention to their opinions and reflect what they are saying back to them so they are aware you rate their thoughts high. It has also been evidently established that teens with a close relationship with their parents are proven to do better academically and engage in less negative behavior whether at home or school.

**Monitor Time Spent on Media Activities:** This has become even more important now that a report by the Council of Economic Advisors says teens spend about seven and half (7 ½) hours each day exposed to media from TV, the internet, video games, and magazines. By deduction it was observed that teens that spend more time plugged in are more distant from their parents.

Therefore, deliberately consider restricting TV time during selected times or days and use the time to do a mutually pleasing activity together. Make use of TV time to connect with your teen.

Yes, you can watch their favorite show with them and after the show is over, ask them of their opinion about situations viewed. It is usually a wonderful means to hear their viewpoint, discuss itchy issues, and also teach them some life values.

**Propose Home Rules:** Many teens may act miserable when you lay down house rules, especially when they are steamily unrealistic. It will go a long way to help your teens if you lay down realistic expectations for your teen to meet. Such expectations as good grades, completing chores, and curfews are few examples.

In reality teens understand expectations and realize boundaries which shows you care about them. When goals and expectations are met, make sure you celebrate it together. Where expectations are not met, rebuke them with love.

**Permit adolescents to make Decisions:** Well, it is not out of place for teens to adopt their own values about life and form their own opinions. But listen to them when they have a problem and ask them how they would solve the problem.

By this approach, you get them involved in the problem solving process as you offer guidance. However, allow them to make their mistakes as long as

they are within a safe environment. Yes, by giving teen's realistic freedom to make mistakes so they can learn will prepare them to solve future dilemmas.

Grant Teens Some Privacy: As teenage parents, a good advice is to give teens some privacy. Yes, giving them their own space shows that you trust them. Well, that is not to mean you should not know where they are going, when they are returning and with whom they are going....

However, there is no reason to ask about every detail, after all, you cannot be with your teen at all times, rather keep tabs on their activities to make sure they are safe. Now, keep respecting their privacy as an individual, except they do something that makes you have to withdraw those freedoms.



## Tips for Step Parenting Teenagers

Now, taking into account that one out of three (3) Americans is a member of a blended family, step parenting teenagers is without doubt a considerable issue. The reason is that parenting adolescents can be difficult even when they are your own blood, so when you have a blended family, it can become a challenge of some sort!

The challenges usually come from their desire for independence, and possible unpleasantness, which usually intensifies a less than ideal condition.

However, here are a few tips that will help you have a positive influence on your step teens and also maintain peace in the home.

***Don't Play Favorites Games:*** Yes, I know there is a saying that says 'blood is thicker than water' and in fact, it is just normal to have stronger feelings toward your biological children than your step children. Well, you need to be careful and make certain those feelings do not move over to your parenting approach.

Let's face it; teenagers are very sensitive to justice and stability. Therefore, treat the step children with the same contemplation and respect you do your own children. The truth is that, you can build a relationship with the step teens by deliberately separating your actions from your feelings until real caring develops.

***Spend Time To Connect:*** It is imperative for you to build a connection with stepchildren that you both enjoy. All you may need to do is take the role of skilled teacher or older buddy. With this role you can play games with them, or teach something you are good at and the teen also likes.

The way to go about it for maximum success is to spend one-on-one time with them without your biological children around so you can pick up on their interest. Obviously, step teens will most likely resist these efforts of yours at first, but at the end of the day you can build your own relationship based on common interests, separate from their biological parents.

**Step Back:** When it comes to step parenting, and discipline, depending on the views of your spouse, consider taking on a less parental role. No doubt, step parenting teenagers is complex. Nonetheless, the best initiative is to leave the discipline to the biological parent.

Okay, let's say when a closer bond has been formed, it may be possible to share this role. But your role as step-parent is best achieved behind the scenes by helping with discipline decision making and assisting the spouse.

**Demonstrate Trust:** Please, don't gloss over this, trust is important to teenagers. So, whatever you do just find ways to send the message that you trust them. For example, you allow them to have access to your car on a date night. Such concessions usually go a long way to a teen and will help you build a relationship.

**Team up with them:** It is not abnormal for two people to have diverse thoughts on how to parent children. So watch out, teens are fighting for self-determination and will use any signs of division in the family to their advantage. Though I said, the biological parent should take the lead in discipline; I dare say here that a blended family must have a constant message for all children at times to maintain unity and discipline.

Therefore, you must sit down and make a plan with your spouse. If you are unable to come to an accord, take a parenting class with your spouse so you can come up with a plan that will work for both of you. It is that important!

I know step parenting children can feel like walking on a tight rope. But, as time goes on, a connection built on mutual value is possible. And remember, you are most likely going to come into the picture after the teen has experienced many fatalities.

Be warned! You may come across strong resistance as they may see you as the outsider. Therefore, you should not take their misplaced anger personal. Sorry to say, the Brady Bunch model of instant love is a fairy story, they are far from the reality. However, after sometime you and your step-teens can warm up to each other and form a healthy blended family.

## Tips for Parenting Unrestrained Teenagers

There is no doubt that there are always going to be some difficult children, but parenting difficult teenagers usually boils down to one word, entitlement.

The reality here is that entitled teens believe their parents owe them simply for being born into the family. These are the type of teens who give their hard working parents the silent treatment, or worse still, have a hissy fit if they don't get a \$250 pair of slacks.

In fact, a combination of indulgent parents, the consumer culture we find ourselves in and even emotional pampering most time work together to hamper teen's ability to develop into adulthood.

Without doubt, self-absorbed, entitled teens are difficult to parent... however, just as they were spoiled children, they can be raised as gracious and self-determining teens by following a few strategies.

***Reduce Media Usage:*** Note that teens actively involved in social networking such as Facebook, YouTube and my space spend more time away from the family. The reason is not farfetched because these media encourages self-absorption and time away from the family. They usually spent hours reading messages and posting the details of their lives.

In fact such children spend hours posting photos and descriptions of their daily activities. Their self-centered focus is even encouraged further by TV programs, print ads, commercials and movies that sexualize kids, promote unnecessary spending and values fame without talent.

To solve this dilemma, try to set designated hours when your teens are allowed to watch television. Use the time spent away from media to involve them in activities that the family and everyone can enjoy.

Yes, family activities take away the self-centered (me, me, and me) and allows teens to relate to other members of the family.

***Lay down Expectations and implications:*** Expectations have positive and negative consequences. Indulged teens don't appreciate how personal effort

is directly connected to the result. Make it a point of duty to set realistic expectations and establish a system of reward and penalty. You need to be strict but fair to manage the system.

For instance, if they want gas for the car, make sure they complete their responsibilities. Subsequently, they will be better prepared for how the real world works.

***Engage Them in Part-time Job:*** Spoiled children believe everything they want, one way or another magically appears. A part-time or summer job gives teens a sense of achievement and earned freedom.

The truth is that, earning their own money helps teenagers learn the value of a dollar and be pleased about their material items. They will begin to learn personally that anything valuable takes effort.

Another advantage of this exercise is the fact that being part of the labor force will also help them acquire life skills like timekeeping, organization and working as a team which they can employ as an adult in future.

***Have Teens Volunteer:*** By joining volunteer group, children can broaden their view of the world from what only personally affects them. The truth is that by volunteering they will take the focus off themselves and start helping others. It will also give them an opportunity to appreciate what is provided by knowing there is always someone who has less.

Yes, no matter what their age or abilities, there must be an organization where they can help out after school or on weekends. This experience, no doubt will help them develop empathy and a broader understanding of the meaning of life.

***Be Fair but Firm:*** Yes, due to wanting to be their child's friend or feelings of remorse for not spending time with their kid's, parents advocate permissive parenting styles.

Well, studies have shown that this lenient approach creates entitled character traits in teens. However, know this that an authoritative parenting style creates clear limits your teen must honor.

Moreover, you will be doing your child a disservice if they are not taught life's social hierarchy. They must learn before adulthood that harassment or

whining will not likely win them the big approval.

# Keep Out Physical Punishment from Parent-Teenager Relationship

Absolutely do not resort to physical punishment in your parent-teenager relationship. The same in fact applies to all your relationships. Research reveals that when a parent physically punishes their child, that child will experience negative side effects that may impact them for the rest of their life.

Yes, I know that if you are like me with some religious bias, you will like to apply the maxim derived from the Bible that says ...“Spare the rod and you spoil the child” In other words like the preacher said in *Proverbs 29:15*, and particularly, Matthew Henry's commentary on this verse, seem to me as one we need to bear in mind here. He said Parents, in educating their children, must consider the following:

*1. The benefit of due correction. They must not only tell their children what is good and evil, but they must chide them, and correct them too, if need be, when they either neglect that which is good or do that which is evil. If a reproof will serve without the rod, it is well, but the rod must never be used without a rational and grave reproof; and then, though it may be a present uneasiness both to the father and to the child, yet it will give wisdom. Vexatio dat intellectum-Vexation sharpens the intellect. The child will take warning, and so will get wisdom.*

*2. The mischief of undue indulgence: A child that is not restrained or reproofed, but is left to himself, as Adonijah was, to follow his own inclinations, may do well if he will, but, if he take to ill courses, nobody will hinder him; it is a thousand to one but he proves a disgrace to his family, and brings his mother, who fondled him and humored him in his licentiousness, to shame, to poverty, to reproach, and perhaps will himself be abusive to her and give her ill language.*

However, more often than not, parents will spank, hit, slap or otherwise physically punish their child as a last resort or with the belief that such drastic action is required for the child to modify their behavior. The truth is

that other forms of punishment are equally and oftentimes more effective depending on the circumstances without any of the negative side effects.

Look at it from this perspective. Supposing you were sick and you had the choice of two medicines. Both have been proven to provide relief from your symptoms. Medicine number one has negative side effects. Medicine number two is completely free of any side effects. Of the two medicines, which one would you choose? Obviously it should be medicine number two.

Alright, in the same way, why would you choose to use physical punishment to discipline your child, especially a teenage child, if there is a very high probability that it will have adverse side effects for years to come?

And from all my experience and observation as a parent of teenagers, I can say this that when a teenager is subject to physical punishment it almost always results in a fractured or strained parent-teenager relationship.

Many, if not most parents, when deciding how to parent will do what they know. Yes, if a parent's only real role model in their formative years is someone who uses physical punishment, guess what? They will most likely do likewise as a parent.

So, in a nutshell, you may want to ask, what is the number one negative side effect of using physical punishment? The answer is...*excessive aggression*.

You may also have noticed that children who grow up being spanked, slapped and hit are prone to fighting with other children. In fact, there is a high probability that they will become bullies and resort to aggression to solve disputes. Can anyone blame them since their parents have educated them to think that way? I mean ...that physically handling someone is an acceptable strategy to solve an issue.

By the time such a child become a teenager; do you think it is then possible to have a mutually respectful and loving parent-teenager relationship? Hardly!

Now, for a pertinent example, I once had a grade eight student who would almost always hit someone whenever he gets angry. After many such

episodes, I decided to investigate this particular student's home life. It all made sense to me when I was informed that this young teen would often be on the receiving end of his father's fists whilst in a fit of anger.

There is so much truth in the statement "*monkey see, monkey do*". We teach not by what we say but by what we do. If you desire to have a loving and respectful parent-teenager relationship, never use physical punishment. Search for other forms of discipline that work, without the negative side effects.



# Strategies of Helping Teens to Stay Away from Drug Abuse

To start with, *Wikipedia* has this to say ...**Substance abuse**, also known as **drug abuse**, is a patterned use of a substance (drug) in which the user consumes the substance in amounts or with methods which are harmful to themselves or others.

*The term "drug abuse" does not exclude dependency, but is otherwise used in a similar manner in nonmedical contexts. The terms have a huge range of definitions related to taking a psychoactive drug or performance enhancing drug for a non-therapeutic or non-medical effect. All of these definitions imply a negative judgment of the drug use in question (compare with the term responsible drug use for alternative views).*

*Some of the drugs most often associated with this term include alcohol, substituted amphetamines, barbiturates, benzodiazepines (particularly alprazolam, temazepam, diazepam and clonazepam), cocaine, methaqualone, and opioids.*

Now, let's face the facts, guidance is the basic thing we need as parents in preventing teenagers from using illegal drugs. Therefore, parents should know their teens very well. Yes, I mean pay more attention whenever your kid talk and also have a discussion with him or her as often as possible to maintain a close relationship.

The truth is that, when teens trust their parents and have hale and hearty relationships with them, they are less likely prone to do drugs. Not trusting you as a parent is one of the most frequent fall down in a teenagers' attitude. Remember, they have their own aspect of fears by your nagging or worse than that....

Trust me; I know being a parent is not easy. But, as parents you have all the responsibilities in raising your family well especially when they are growing up. So, you have to establish with them the true meaning of a

family, and by so doing, they would understand its importance in life. As a result, it will lead them to become open-minded individuals.

In fact, as part of this, they can easily tell you their concerns and their happy moments too. Yes, parents should be the first ever best of best friends to their teenage ones. So they will not be lying face down in abusing drugs.

As said earlier, showing interest in your kids could help prevent them from being involved in drug abuse. As it has been found that frustrations may be one of their motives... in escaping a certain situation they can't handle at home. Therefore, display encouragement in a superlative manner in hearing them out, both in the good and bad times, every day. The truth is that in this simple attitude you can help out any teen in drug exploitation.

Then, of course, show your sincerity of purpose for your curiosity in their interest. Try your utmost best; don't let frustration lead your teens to drug abuse. Be enthusiastic in bringing with you, your smile when your teens have with them good news about their activities. In that way, your teens will be more enthusiastic and be less likely to go into drug abuse.

I must say here again, that as parent we need to do everything just to let our kids be raised properly. In fact, you can let your teens join extra-curricular activities. Well, just to load them with some activities and make them feel free, but not to the extent that they're feel to do whatever they want. As much as possible you want them to be kept busy and that they will never be bored. But of course, leave some time for them to be by themselves. Don't stress them out!

Preventing teens from using drugs is largely a matter of being involved in your teenager's life and making sure that he or she receives encouragement in extracurricular activities. Being there for your kid and making sure you have a healthy relationship is one of the biggest factors in preventing teen drug use.

## Wrap up

Now, on a final note, I want you to have this at the back of your mind, that even when it seems like your teenagers are not paying you all the attention, do not mind, remember parents still have a great deal of influence, particularly as teens weigh decisions at this stage of their development.

However, by opening the lines of communications and maintaining same, parents and teenagers can build a bridge of understanding to help them through these difficult years.

Furthermore, note that parenting a difficult teenager is always going to be a challenge... and especially, if they have been indulged since their childhood.

But as you take time to read and implement some, if not all the tips shared above, I can see you having a connection with your kids with little or no effort.

Now, the whole of these tips will be useless if you are not going to apply them with love and logic or wisdom. Remember, the main idea here is for a bond of love to be established between you and your teen such that in wisdom derived from your own experience while growing up as a young adolescence, you can parent guide your child with love and logic.

Have a great time parenting; you shall surely reap the result in the near future and you and your teenager will be the better for the time you will need to put in now.