

PARENTING TIPS AND TOOLS



LISTEN TO YOUR CHILD: Try to understand how your child feels and what they think, even if you don't fully get it. Pay attention when they talk to show that you care. You don't have to agree with everything they say, but try to listen and offer help when needed.

SOMETIMES, JUST LISTEN: Sometimes, your child just wants to talk and doesn't need you to solve their problems. So, let them express themselves, and later, you can ask if they want your advice.

SHOW INTEREST: Show that you're interested in what your child thinks and believes. Respond with, "Tell me more" or "I'd like to hear your perspective." This helps you have open and productive conversations.

BE PRESENT: Put away your own electronic devices and make sure your child knows you are available. When they see you're not distracted, they're more likely to talk to you.

VALIDATE FEELINGS: Let your child know that you're trying to understand their emotions. Say things like: "You seem really upset" or "That must have been frustrating."

APOLOGIZE WHEN YOU'RE WRONG: If you make a mistake in how you connect with your child, say sorry without making excuses. Teach them how to apologize when they're wrong.

SET BOUNDARIES: Remember that you're the parent and don't tolerate abusive behaviour. Try to differentiate between typical teen behaviour and actual abuse. Encourage and guide them to improved communication.

HANDLE STRONG EMOTIONS: Be patient when your child shows strong feelings, as long as they express themselves respectfully. It's important for their emotional well-being.

ACCEPT UNFILTERED EMOTIONS: It's okay if your child expresses their emotions strongly. With practice and support, they'll get better at managing their feelings.

DON'T SUPPRESS EMOTIONS: Yours or your child's. If you hide them, it can lead to serious dysregulation issues and can develop into unhealthy coping mechanisms.

GET HELP WHEN YOU NEED IT: If you're having a hard time with your own emotions, talk to your partner, friend, or a counsellor. This will help you support your child better. Remember, it's not your child's job to manage your emotions. As a parent, your job is to be present.

2023 Youth Power Hour Take Aways

Where to go for immediate help:

Distress Centre:

403-266-1601

The Summit:

587-534-7200

Helpful Parenting IG

Accounts to Follow:

@biglittlefeelings

@themompsychologist

@drbeckyatgoodinside

@attachmentnerd

@responsive_parenting

@annatheanxietycoach

Helpful Parenting Podcasts:

Ask Lisa : The Psychology of Parenting

Securely Attached with Dr. Sarah Breen

**Voices of Your Village
Alyssa Campbell**

Therapy Navigation & Financial Support

If you need assistance in figuring out where to find counselling support for your child, please contact the Lionheart Foundation. Financial support may also be available for you.

Lionheart Foundation: 403-978-5866

info@lionheartfoundation.ca

Books to Read:

Parenting:

Peaceful Parent, Happy Kids
by Dr. Laura Markham

The Conscious Parent
by Shafali Tsabery

What to Say to Kids When Nothing Seems to Work
by Adele Lefranc and Ashley Miller

Never Enough: Confronting Toxic Achievement Culture
by Jennifer Wallace

Specifically for Girls:

Untangled
by Lisa Damour

Specifically for Boys:

Mastermind and Wingmen
by Rosalind Wiseman



www.youthpowerhour.com
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