

INTRODUCTION



Parents dread the day when they must let go off their teens. Taking quality time to parent your teen ensures that, when that day comes, you are confident your teen is prepared to face life with its uncertainties, challenges, and rewards. You want to be assured that s/he is equipped to make the right choices, to learn from mistakes, and become an asset and joy not only to you, but to society as a whole. Here are 53 tips that lay the groundwork for achieving this goal.

Marian Pobe, M.D. is a pediatrician with numerous teens in her care. She realized that her teens were very comfortable sharing with her information they could not share with their parents. She also realized that while mothers spend time nurturing their toddlers and younger children, their teenagers were basically left to grow on their own, making their own choices because of the communication breakdown.

Awo Amarin, currently working with children, practiced as an architect for several years abroad. Having previously had the opportunity to interact with teenagers from all over the world as an exchange student, in St. Louis, Missouri, Awo Amarin experienced first hand, the countless challenges that face teens and their families, regardless of geographical location. Always willing to lend a listening ear or offer a shoulder for comfort, her advice has often been solicited by both teens and their parents.

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AIM FOR THE SKY

1 Have faith in your child and in achieving an outcome that's good for all concerned. Confidently and persistently hold on to this faith for a positive result, no matter what appears outwardly.

2 Affirm your teen's good traits and reinforce them frequently until s/he believes in them. Then observe the transformation that begins to take place.

3 Advise your teen to look up to successful people and mentors who come from similar backgrounds, and who beat the odds and excelled when they weren't expected to. These life examples can be among the most profound for your teen.

4 Teach your teens to aim for the sky. They may not make it off the ground when teens set their sights too low for achieving their goals.

5 Understand that a bored teen can engage in dangerous activities. Provide entertainment and encourage your teen to pursue worthwhile hobbies. Some inexpensive activities you can do together include bike riding, playing games like Monopoly, chess, numerous card games etc. Having a basketball hoop at home has appeal to many. Encourage your teen to read a wide array of books and discuss lessons learned in the books.

6 Listen to your teen when s/he comes excitedly to you to talk about his/her life goals. Prompt him/her to write them down, and share in the enthusiasm. No matter how impossible that dream may sound to you, the faith, enthusiasm and encouragement you show will fuel your teen toward great achievement.

7 Congratulate your teen on his/her school work. Although he/she may not be an A or honor roll student, pay attention to the effort being made to excel, and be sure to celebrate all achieve-