



The Partnership Parent
MOVEMENT

Free Masterclass for Parents of Teens & Tweens

Intro:

Are you already practicing conscious parenting, attachment parenting, peaceful parenting?
Partnership parenting is the art of living in relationship with your child.

We all need reminders, might sound “basic” on the the surface, but having the opportunity to focus, being consciousness to and unpack things helps us in our own journey

We are not here to advocate your changing your kids behavior, manipulating them in any way, , we are supporting you to make conscious choices that promote greater connection

Why do we control? - control comes from fear +

Always choose **connection** not coercion.

5 Tips, Tools & Reminders to Help You Connect with your Teens & Tweens

1. Listen - Really actually listen - what does it mean to hold space? Watch for your triggers, hold space notice judgement

Exercise Suggestions: notice triggers, deep inhale / deep exhale. 3 breaths before responded (to regulate your lymphatic system)

2. Choose connection over coercion - ego, push to be right, have your way

Exercise Suggestions: Set alarm notification “ Would you like to chat / talk?” accept “no” as a perfectly fine answer. With a “yes”, sit without an agenda, ask open ended questions like, “What’s going on in your life now?” “What’s alive for you now?” “How are you feeling?”

3. Assess your opinion about your teens / tween. Notice where it comes from, it’s normally an accumulation of years to this point. Create space for you and your teen to create a new way of being.

Exercise Suggestions: Exhale, then get honest, what story do you tell yourself about your kids. Journal it. Examine it. Realize how these opinions are holding you and your tween / teen back. Remember this moment and access it again in your mind in real time when you fall back to these old belief patterns.

4. Help your teens & tween lead more in their lives- give them space to empower themselves. Discuss this with them, allow space for them to fail, succeed and quit.

Exercise Suggestions: let your teens / tweens know this is your intention, ask them how they wish to lead more. Listen to their suggestions (notice how uncomfortable that makes you, that’s your work) Engage in dialogue about support, expectations, consequences. Partner with them to empower them.

5. Lighten up, laugh, bring playfulness into your home, relationship and family

Exercise Suggestions: Explore what brings playfulness in your family. Really investigate what that is, what that looks like, what it involves. Do a survey with every member of your family when you are all together, maybe over a meal. Then challenge everyone to show up for a scheduled time to have fun! Rinse and Repeat.

For greater support, please visit us at The Partnership Parenting Movement for details about our new 12 Week Course launching in January 2021 called: **A Radical Education for a New World** *Surviving The School Year : A Radical Perspective* and access info for 1:1 coaching

Details can be found here: <https://partnershipparent.com/>

Support for teens & tweens can be found here: <https://transformativementoringforteens.com/>