



# JOY PARENTING *Prompts*

## PRETEEN & YOUNG TEEN

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Set a joyful tone for your kid through connection. When you're engaging with your preteen or young teen, stop and make eye contact with them, put down your phone or other activity, and give them a hug out of the blue. These small ways show your preteen or young teen that you love them and that you're attentive to them.

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Ask your preteen or young teen "when do you feel closest (or most connected) to me? Being connected is not about how connected you as a parent feel to your kid, but how connected they feel to you.

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When your preteen or young teen starts telling you how they feel, respond with "Tell me more" to show them you are interested in what they are saying and to give them a safe place to continue to "emotionally exhale."

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Show up and have fun. Send them a text of a funny or encouraging quote, put their favorite snack in their room with a note on it, or pick them up early from school to do something fun together.

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When in conflict, look for what you can apologize for. Our connection with our kids goes deeper when we apologize first. When a parent says "I'm sorry" they give their child a model for apology-making, and forgiveness and resolution fill a home with joy!

