

How to *Calm* the Teen Drama

Secrets to building *resilience* and *motivation*

(no nagging or yelling required)

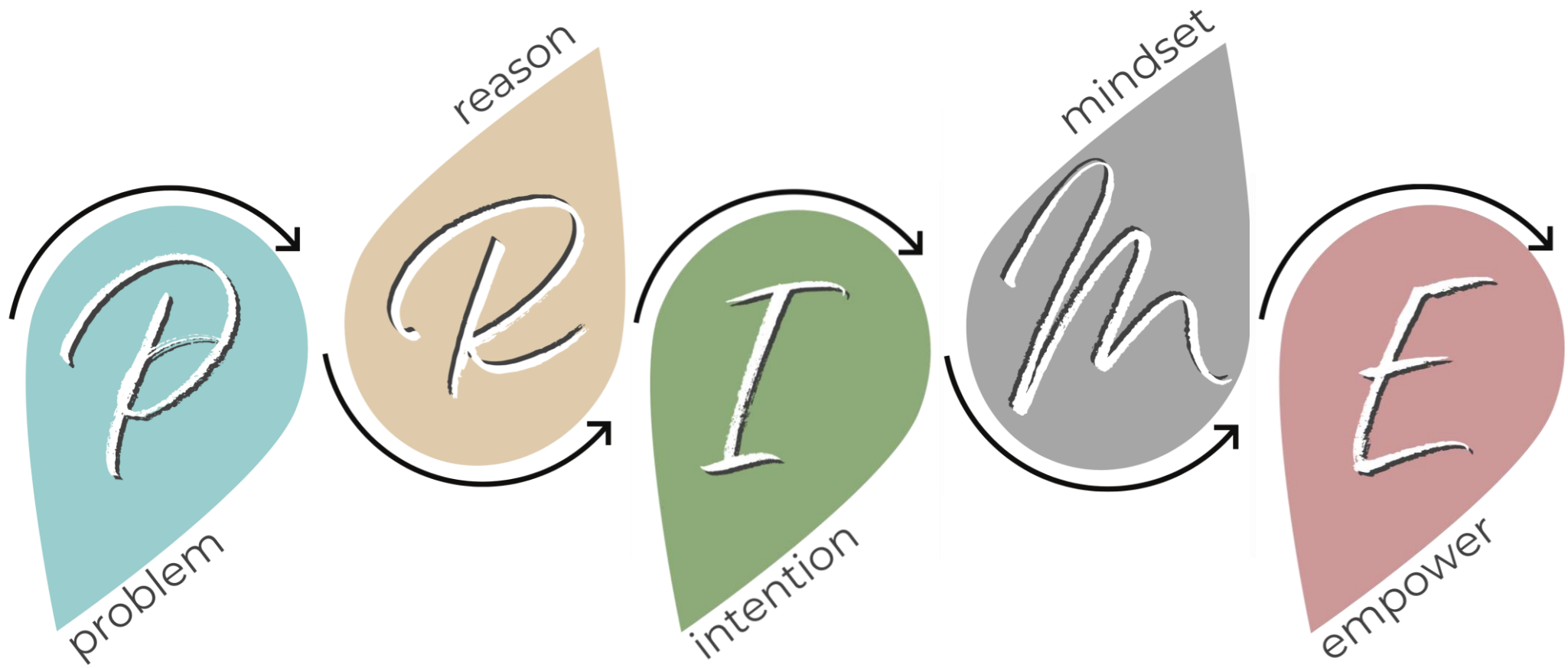
Presented by

Cameron (Dr. Cam) Caswell, PhD



DR. CAM'S

Prime Parenting
method



Resilience



"Sally" →

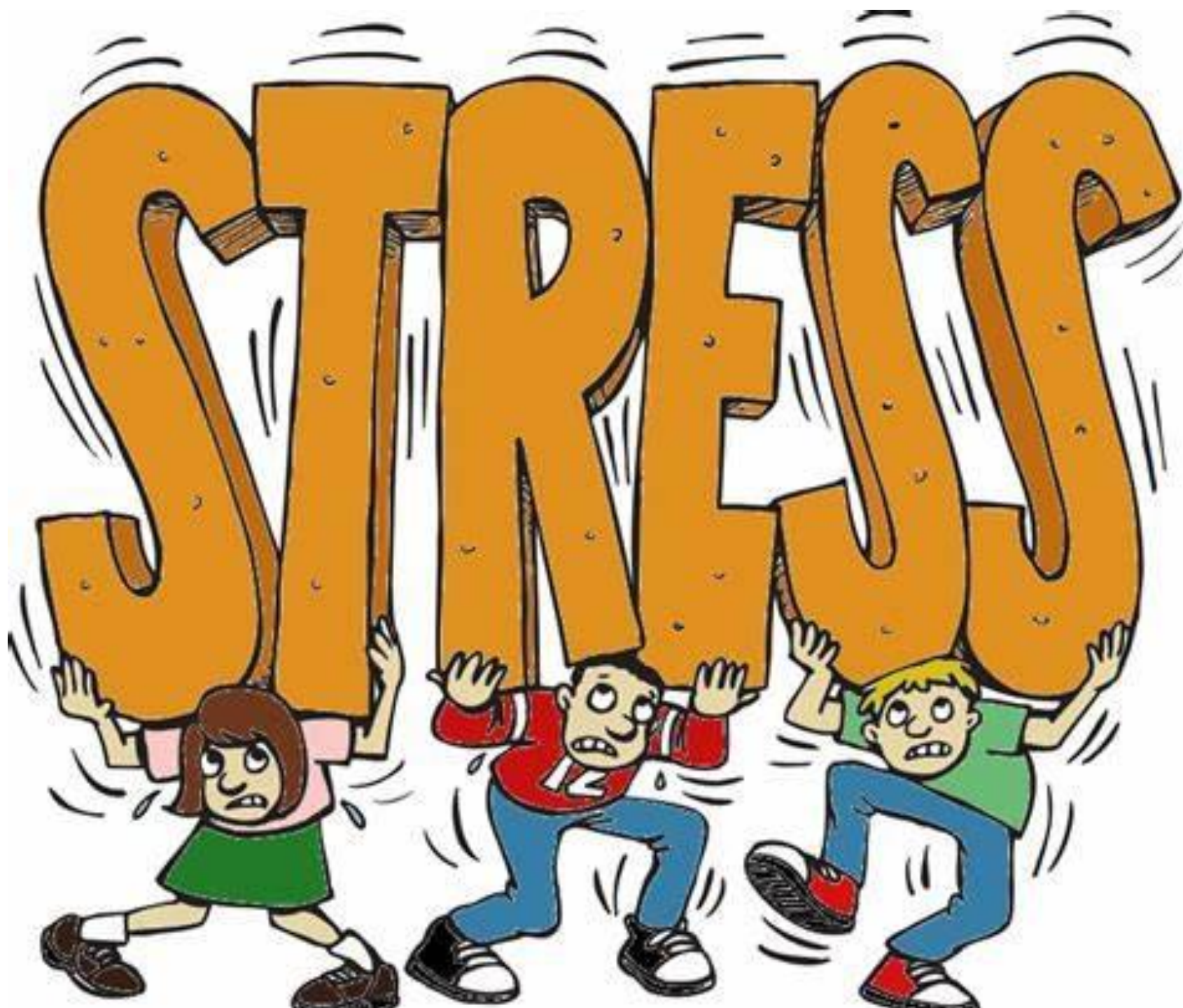


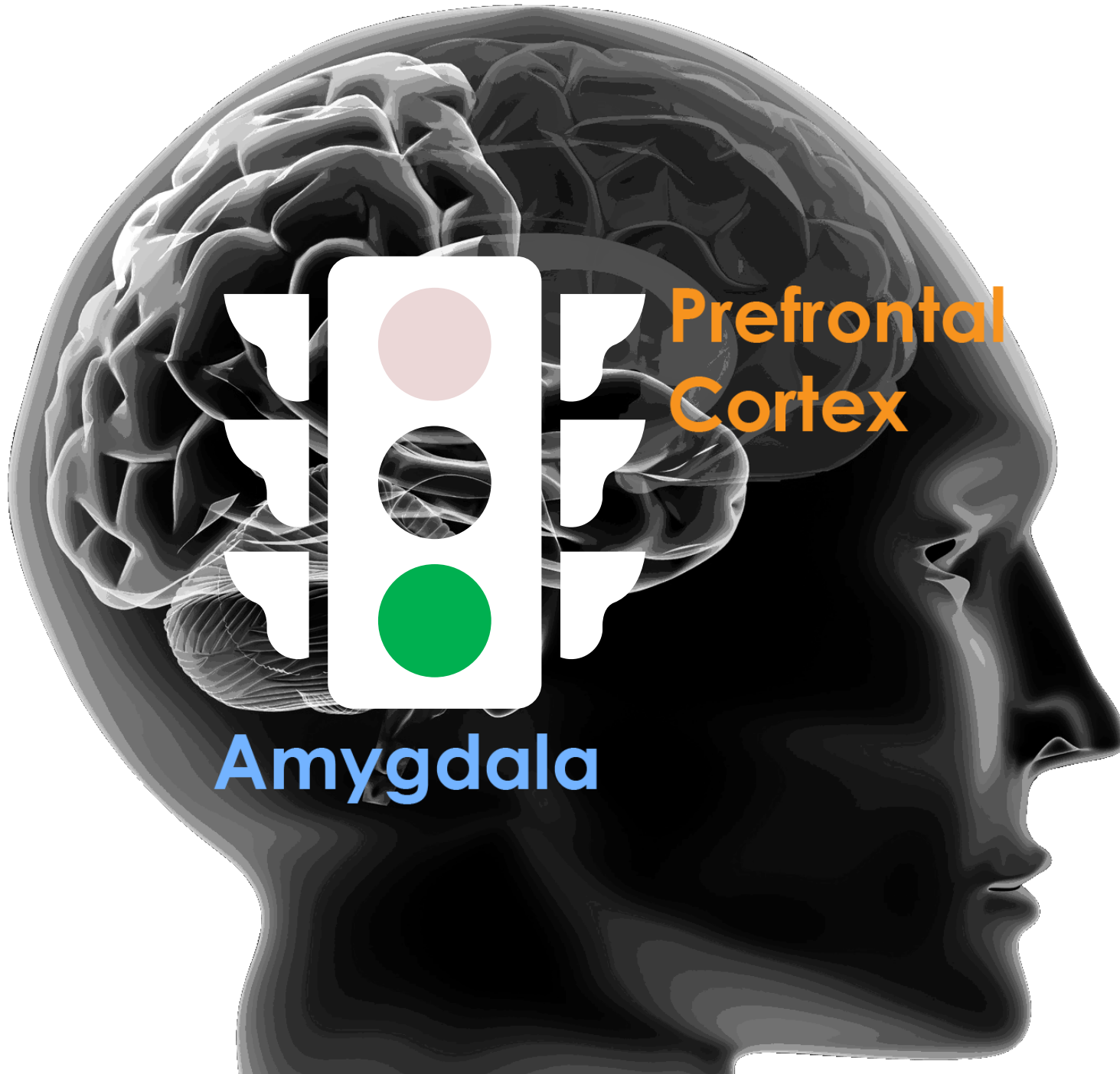




There is ALWAYS a reason!







Amygdala



Prefrontal cortex







The goal IS NOT to protect your teen from feeling bad or to fix the problem.

The goal IS to help them *understand* what they are feeling and to *cope* with it.



My teen is having
a difficult time...



“If you want to have a more pleasant, cooperative *teenager*, be a more understanding, empathic, consistent, loving *parent*.”

— Stephen R. Covey

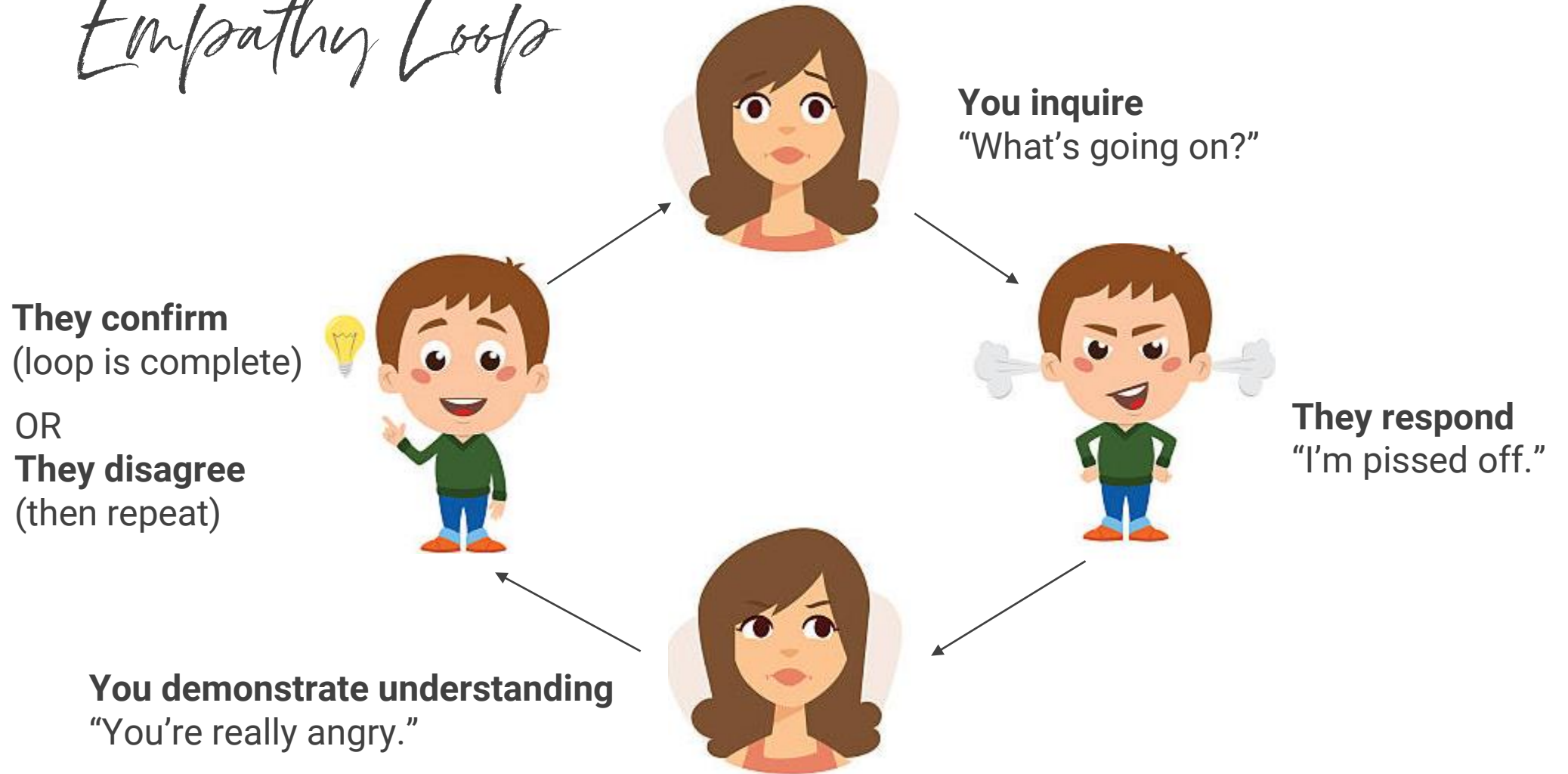


One of the most
empowering
things a parent
can do is
empathize!





Empathy Loop



“I’m *sorry* that
happened to you.”



Huge win!!! [REDACTED] started to fight with me last night and I stayed calm and she tried to be mean to engage me but then she called down and spoke kindly. We had a good conversation and she said at bedtime how great it was and how she knows I love her :))). I told her I was trying to be the calm this week :)))



If you want to give them advice...

ask permission.

*I have an idea that might help.
Do you want to hear it?*

What parents are saying about Dr. Cam

I must, as a parent, recommend Dr. Cam's parent groups. The support and suggestions derived from a simple question and answer is thought provoking and encouraging. If you have a teen, I recommend highly that you consider seeking out Dr. Cam. - Joy M.

It was such an informative session — and I practiced what I learned today! Not only did I ask my husband if he wanted to hear what I learned (and he said yes), I also tried out asking my teen what they wanted, and we worked out a solution. Plus, my husband commented on how he like the new approach! – Allison H.

Dr. Cam has a fantastic way of coming alongside and really making you feel that she is invested in your success as a parent. She genuinely has a passion for making the connection with your child the best it can be. She helps not only identify issues but also potential root causes and guides you to the solutions that fit best for the situation. I cannot say enough kind words about her. We are always a work in progress and it's great to have Cameron as a resource along the way. - Crystal

I highly recommend her to all my friends and I've already noticed an impact on my relationships with my family as a result of her guidance. - Jamie U.

Just what I needed to motivate and connect with my teenage boys. –Stacy

I put your advice to work yesterday and turned out to be a good day. – Michelle M.

So many tips geared for the teen, are great tips for adults to follow as well. I have already started implementing some of the things I learned and it's amazing how when you change how you communicate just a bit how much more receptive your teens are to your suggestions.

U helped a lot already was frustrating to u see a 12yr boy being lazy u solved the mystery.

Thank you soooo much!! You really helped my teen and !!!

Really eye-opening and couldn't stop talking about it with my husband.

SUPERCHARGE

your confidence as a parent



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Host of Parenting Teens with Dr. Cam

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