



# Parenting Teenagers

By Ayesha Haroon

[www.ayeshaharoon.com](http://www.ayeshaharoon.com); [facebook.com/ayeshaharoonfamilycoach](https://facebook.com/ayeshaharoonfamilycoach)



PARENTING TEENAGERS  
TIP #1

**Do Not Abandon Them**

# Tip 1: Do Not Abandon Them

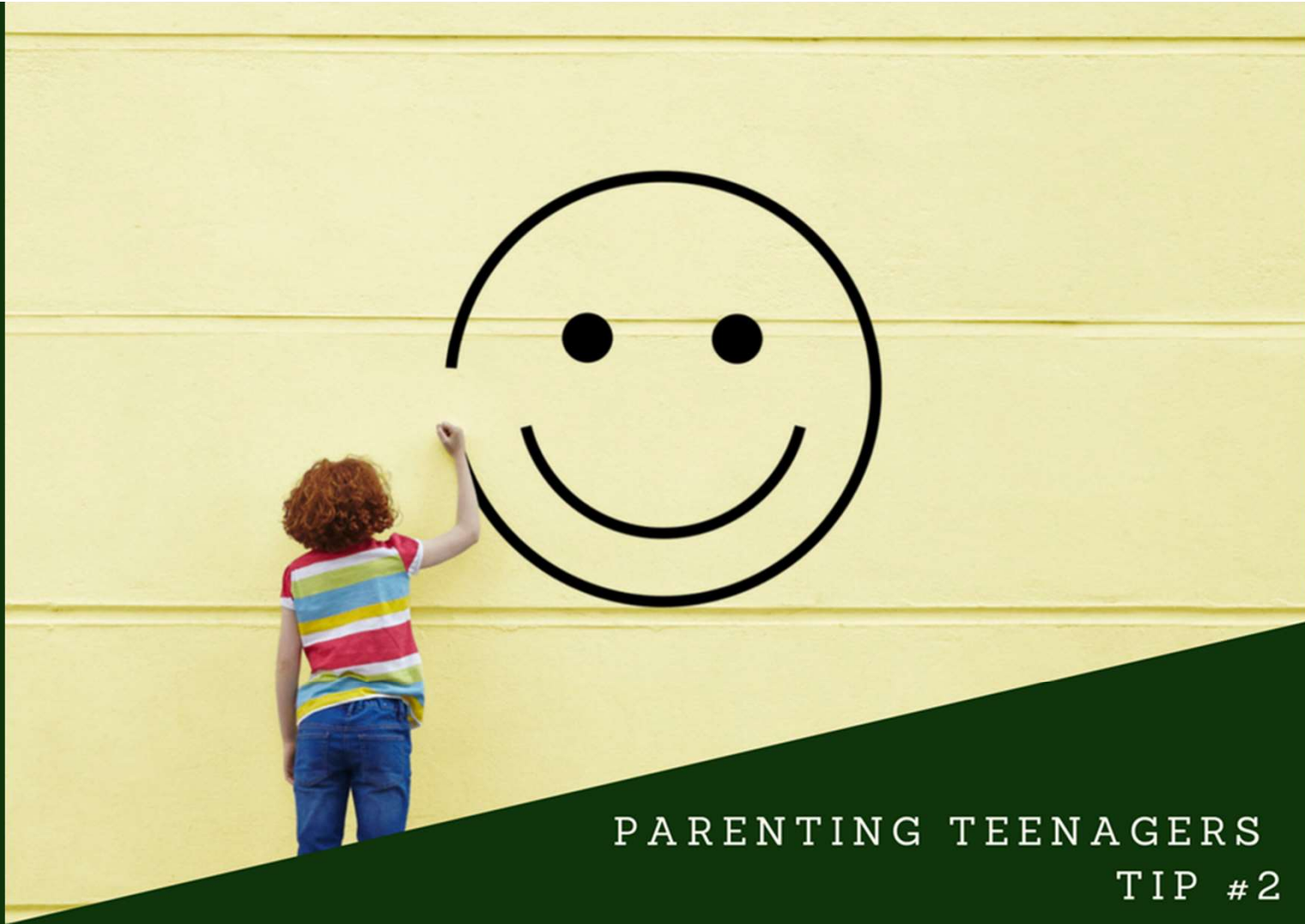
Quran tells us in Surah Kahf 18:46,

المال والبنون زينة الحياة الدنيا

"The wealth and children are the beauty of this world..."

Indeed, children are the greatest blessings of this world, and with blessing comes the responsibility. I hope and pray that this week's tip helps you in fulfilling this responsibility.

Since we are talking about youth/young adult/teenagers, we must not forget that some of them will do things or say things that are beyond our acceptance or patience threshold. But remember do not ever abandon them emotionally or physically, no matter what day do. This is what we learn from the story of Yaqoob A.S and his 10 adult sons. His story teaches us the psychological relationship between Yaqoob AS and his 10 children. Always keep the window open for them.



PARENTING TEENAGERS  
TIP #2

**Notice the Good instead of bad**

## Tip 2: Notice the Good instead of the bad

Science tells us that our brain continues to develop and mature past childhood, into the teenage and way into the mid-20s. Remember that our teenagers do not yet have a fully mature brain. Compared to adults and children, the youth brain is really good at seeking out risks and trying new experiences. It is also really good and sensitive at social and emotional information at this stage of brain development. So, they are very responsive to a reward system. Not the sticker and toy kind of reward, but rather the emotional reward. Your tip for this week is to please hunt for the things and actions that are positive and reward them verbally within 3 to 5 seconds of that action. This tells their brain, that the action is good and that they like it. Their brain will code that information as “I like it”. Try to give this dose to their brain at least 3 to 5 times a day.

Obviously, it has to be genuine and for the right time and right action. Anyway, you get the point. Just keep observing and keep mentioning to them the things that do right.



Are you paying  
**attention**  
to **attention**?

PARENTING TEENAGERS

TIP #3

**Talk with your teen, not at them**



## Tip 3: Talk with your teen and not at them

If you could enter your teenagers' brain one of the most commonly occurring voices you would hear saying "no point talking to them when they don't listen anyway." We CAN communicate with them in a way that is open, honest, respectful, AND gets results. You as a parent would have to develop the habit of listening and observing. When our teenagers roll their eyes and shrug their shoulders chances are they are saying we are not being heard. This is just their way of communicating this feeling.

Then it comes to us how to communicate properly by communicating better. What we say is less important than how we say it! Try not to ask "why" questions because it puts them in a defensive mode. Secondly, listen to your teen. Listen, listen, listen! Give full attention and time when they are talking, attend to them at this time. It is very important to have meaningful conversations with them. When they are talking, remember to show interest and enthusiasm instead of boredom or rush.





## Tip 4: You've got to give it to get it

Do not in your sane mind ever think that they will give you back anything or something that they themselves don't even have. I do not mean tangible things, I mean respect and honor.

Chances are your teenager has reached puberty and if so he or she is an adult, not an adolescent (as understood by western standards) and not a child (as understood by many third world standards). Since they are adults treat them like one! You would not order, command or scream at any fellow adult to make your point, would you???

Not even your subordinate employee, right?

That is exactly how we need to deal with our young adults. Don't take me wrong - I don't mean we obey them. But we must give due respect to their opinions and ideas. We can reason into correcting those opinions and ideas where needed. Show them that they matter, their opinions matter.

These years are a big struggle for them for independence and proving themselves as "smart", "independent" and "do it all by myself." Please give them a chance to enhance that and develop these characteristics. It is an important life skill of making decisions or even mistakes and learning from them to only get better.

If we listen to them with all due respect as a fellow adult and take their ideas whenever possible, they will subconsciously learn to reciprocate the same. Obviously, it won't happen overnight if it has not been practiced before so be patient, calm and a great role model. Really stop and LISTEN to your teenager. Have meaningful conversations to start to learn more about their heart.

**What am I supposed to do**



PARENTING TEENAGERS  
TIP #5

**Have clear, super clear expectations**

## Tip 5: Have clear, super clear expectations

The last thing you want to do is to surprise your teenager. You would not even want to do this with a toddler, let alone a teenager. If they know ahead of time what is expected of them, they are far more likely to do it than if you snap at them out of nowhere. For example, “hey look at your room it’s a mess”, or “I am so disappointed”, or “you are such a disorganized person” etc.

Had you made it clear when and how they will be checked and were expected to clean that room and What will be consequences for not doing it, I promise things will be a lot different, if not ideal.