



WISE MIND over

EMOTION MIND

If we want our teens to live wisely, we must first live wisely.

EMOTION MIND



We fix by lecturing, hovering, or over-helping.

We avoid by working more, denying the issues, or using alcohol or food to cover the issue.

We predict the worse.

We blame ourselves for our child's problems.

WISE MIND



Remember our goal – to be an effective parent. Validate our teens and ourselves. Look for and reinforce our teen's positive behavior.

Cultivate a mindfulness practice and set daily intentions. Create a positive home environment. Practice skills for balanced parenting.

Practice staying in the moment and look at things in a balanced way. Participate in positive and healthy activities to tolerate distress. Remember the assumption: "my child is doing the best he can."

Participate in positive and healthy activities to promote emotional resilience. Teach and model skillful behavior for your teen. Practice acceptance.

When parents are in Wise Mind teens have a better chance of making Wise Mind decisions.

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