



## Making TEA... Time, Energy & Abundance *for Parents of Teens*

### To Parents of Teens (TPoT)

#### **Myth**

Parents of teens no longer want or need support in guiding their children

#### **Fact**

Parenting teens at its best...

#### **is**

challenging and rewarding

#### **requires**

self awareness

love

respect for your teen

patience

tact

perseverance

strength

honesty

humility

the ability to realize one's mistakes and apologize for them

flexibility

personal growth

time

energy

a trusted adult with whom to share thoughts and feelings

#### **enables**

a relationship with your teen, in the present, and in the future

When was the last time that you created the time/space to think about the parent you want to be?

How can you help your teen realize her/his dream?

Would you like to talk about the parent you want to be? Contact me.

Jill Greenbaum, Ed.D., supports families through change, coaching teens and having conversations with parents... Coaching & Conversation. Visit her website, [www.majorinyou.com](http://www.majorinyou.com), and contact her at [jill@majorinyou.com](mailto:jill@majorinyou.com)