

**Top 3 Ways to Communicate
with Your Child/Teenager**

MASTERFUL PARENTING



With

Anne Alvares



Masterful Parenting

Common Complaints from Parents About Their Child/Teen

- ① They don't listen
- ② They have intense emotions
- ③ They are demanding
- ④ They trigger us.
- ⑤ Their peers are more important than us
- ⑥ They break trust
- ⑦ They don't do their homework and chores at home
- ⑧ don't care about school
- ⑨ They don't want to do things with the family
- ⑩ They are defiant.

There are many reasons why parents are struggling with communicating with their teens.

Often we struggle because we are products of our own upbringing. Our parents often were not relational with us so we didn't get the role modelling on how to be relational.

Being relational with our children will help us make the biggest impact in their lives.

Learning how to do this will make a difference in your parenting.

It feels good to be relational and it fosters deep connection with our teens.



Here are the Top 3 Ways to Communicate with Your Child/Teen

Talk Less, Listen More

When we talk less, we can listen more. Why do we need to listen more?

We listen for understanding.

We listen to get insight into what our teen is thinking.

Our teen feels valued and important when we listen.

We listen to try to understand our teenager and what he/she is going through.

When we seek to understand, we connect on a deeper level.



ASK, DON'T TELL

Most of us grew up with parents that told us what to do and say, not with parents that asked us our thoughts and opinions. This can be very difficult if we grew up with telling parents. There is a big difference when we ask instead of tell. When we ask, we invite cooperation, instead of controlling and directing. It feels good to our teenager and we will get more compliance.

Examples of Ask, Don't Tell

“Do your homework.” - Telling

“Do you think it’s a good time to do homework?” -Asking

“Wash the dishes.” Commanding

“Think you can help me with the dishes?” -Asking

Try Asking and Not Telling. It really works.

You will get more compliance and cooperation from your teen.

Masterful Parenting is about fostering healthy relationships with our kids.



Take An Interest In Their Interests

When we take an interest in their interests, it builds connection and opens up communication. I often share that anything my boys were interested in, I got interested in. My oldest son had many interests, like scrapping, learning languages, and crab fishing. My youngest son loves fishing and basketball. Now, I'm not a basketball player but because he loves it, I get into playing with him and his older brother. In fact, we were playing every weekend for several months when the weather was good. He enjoyed teaching me the basketball drills and tricks.

So take an interest in your teens' interests and support them in what they want to learn and explore. This can be an easy and fun way to bond, and this will open up communication with them. When our teens feel supported, they feel safe to talk to their parents.

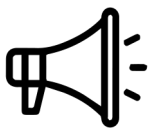
When we foster healthy relationships with our teens, they will attract healthy relationships in their adult lives.

The Masterful Parenting Course will teach you how to become more?

- ① Self-aware so you can heal, give yourself what you didn't get as a child, and change your behaviour so you can change how you parent
- ② Learn ways to connect better so you and your child will feel close.
- ③ Learn communication tools to lessen conflicts and maximize problem solving together.

This 9 week program will give you the tools to really make your home peaceful, happy, relational and a place where everyone thrives. That includes you. You will feel more confident and truly enjoy your children.

Here is what we will cover in 9 weeks:



Self Awareness

Your childhood story - tell your story to uncover the pain, identify your triggers and become more aware when your pain is showing up in your parenting so you can break the cycle.



Connection

Learn ways to connect with your child on a deep level using techniques of relational parenting which includes active listening, showing support, learning more about your child's interests and goals.



Communication

How to have the tough talks, stop personalizing your child's words and identify the emotion underneath the words Respond using empathy and invite conversation so your child wants to talk to you,

Also included: Weekly coaching and follow up, practice and review to reinforce the lessons and group chat to support other parents in the Facebook community

Free 30 minute follow up coaching session to support you at the end of the program

If interested, join my Masterful Parenting Full Program Facebook Group:
<https://www.facebook.com/groups/masterfulparenting9weekcourse>



Personalized Coaching - Flexible Hours, Online

If you want a more in-depth, personalized approach to dealing with parent fears, learning how to build relationship with your child, or your child needs support with mental health, I offer a one-to-one, personalized coaching with flexible hours and length for support - 2-9 weeks depending on your need.

Just book your FREE 30 minute consultation at masterfulparenting@outlook.com.

My mission is to help parents.

Much Love,

Anne Alvares

Founder Masterful Parenting

HEAL YOUR CHILDHOOD, PARENT BETTER

My Story



For those of you who don't know me, I'm Anne Alvares. I came from childhood pain. I suffered abuse, controlling parents, and was parentified. My healing journey began almost 30 years ago when I first told my story. When I became a mother, I was determined to heal and not repeat the patterns of my childhood in my own parenting with my children.

Now, I teach parents how to foster healthy relationships with their kids. When we uncover our childhood story and become aware of our triggers, we can begin to heal and change. When we do this, our children thrive and we can feel good about our parenting.

Let me help you to heal and to change.

Reach out for support at masterfulparenting@outlook.com. Free 30 minute helping call. Book it - it's free.

My mission is to help parents.



Contact ANNE

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