

The Family Zone News

Connecting With Kids & Teens



... an excerpt from her article ...

Paying Attention to Children

By [Linda Adams](#), President of GTI (where the P.E.T. classes originate!)

Many parents wonder why their children don't talk to them. "How was school?" "Fine" or "What's wrong?" "Nothing." They often feel it's just a stage that kids go through--that's it's something going on within the child. Parents rarely consider that it could be something they're doing--or not doing--that prevents their children from wanting to talk to them.

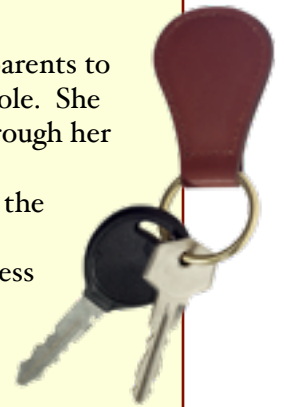
Children who aren't listened to grow up feeling that their parents and teachers aren't truly interested in them; what they feel isn't very important; their opinions don't really count. This is no minor matter; it is hugely significant because the way we are treated as children affects us the rest of our lives.

Being listened to, understood and accepted are basic needs that we all have.

Relationship Building

Sue is an expert in her field. She has years of experience as a teacher, leader, speaker and supporter of strong, cohesive parent-child relationships. Her unique ability to truly listen to and connect with people is her special gift that fosters understanding, education and growth. Her unfailing belief in parents is evident in her passion to help them make a positive difference in the lives of their children.

Sue inspires parents to succeed in their role. She offers support through her books, speaking engagements and the highly impactful Parent Effectiveness Training (P.E.T.) parenting course that she facilitates.



Do you have a question?

Would like more info?

Call Sue at 780-490-1048 or visit the website.



Children know when we really want to grasp what they mean as opposed to having a superficial interaction. They know that when we want to truly hear and understand, we give them our full attention.

I so agree with Linda when she says: ***Being listened to, understood and accepted are basic needs that we all have.***

I want to stand up and CHEER and let all parents know, have all parents realize, that this one 'tip' is profoundly impactful. I know it is because I have implemented this consistently and seen the results.

Over the years I've had the opportunity to learn effective ways (and ineffective ways!) of dealing with kids and teens. I especially learned a lot in raising my own 5 children. There are a couple of things I want to share as I reflected on her article:

First, ***being listened to*** means giving your full attention to your child or teen. With all kids and people but with teens especially, it's important to do this. Why? Because this might be the only 'word', or non-verbal gesture that they will accept from you at that moment, and that can be just as powerful as any word.

Giving your full undivided attention - what does this mean? It means stopping what you are doing and really LOOKING at your child with understanding, or a desire to understand, and just listening. Stop what you are doing - it can ALL wait! Your child or teen especially, can't wait. Start doing this small gesture NOW. You'll see what an amazing impact this has on your child and on your relationship with your child.

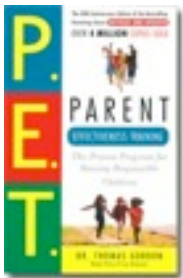
Giving your undivided attention also means getting down (or up!) to their eye-level. Get down on your knees or up on a chair and get to their level. Get into their view directly. What a huge gesture this is! It says, "*I'm listening to you! I'm giving you my full attention!*" It's funny to see the child's or teen's reaction when you first do this. They'll think you're nuts but that's ok. What parent isn't??"

Second, ***being understood and accepted ...*** what does that mean? When I was teaching, and now with my own kids, it was and is more important for me to have a connection and relationship with each child as much as I possibly could. That to me is more important than any mark they earned, how well they could write or how good they did in math. It is my goal to connect with each kid in a special way and to have them KNOW that they are perfect just the way they are. It is my mission to have them feeling great about who they are as a person before they left my class that year, and before my kids leave home now.

For teens, this is crucial. With all the peer pressure, internet stuff, mixed media messages etc, teens need to have a deep, meaningful connection and relationship with at least one significant, positive adult role model in their lives. Choose to be that person. They will never forget that you listened to them, showed understanding, accepted them for who they are and ultimately ... made a positive difference in their lives. ***Being listened to, understood and accepted are basic needs that we all have.***

Sue

Parent Effectiveness Training (TM) - P.E.T.



If you have a child going through the 'terrific twos' or through the 'tremendous teens', this is a program for you.

If you are on the right track but want to make sure things stay that way, this is a program for you.

If you think it's too late for you and there's no hope for you and your child, this is a program for you. It's *never* too late to make positive change.

Courses are starting up and run from now through spring.

Payment plans are available and a sliding scale is considered.

If you would like more information on this transformational relationship course, please contact Sue at 780-490-1048 or visit the website for more information.

Literacy and Learning Day!

An awesome **free** event for parents! Take in sessions on a wide range of topics! Sue will be doing a presentation at Literacy Day. If you'd like to attend, go to our website for info on this great day! Register soon as sessions fill quickly.

Check out our new website!

We've just updated and revised our website! There are a few new things to share with you including regular monthly newsletters, 'Parenting Perks', book updates and more. Take a moment and visit us!

