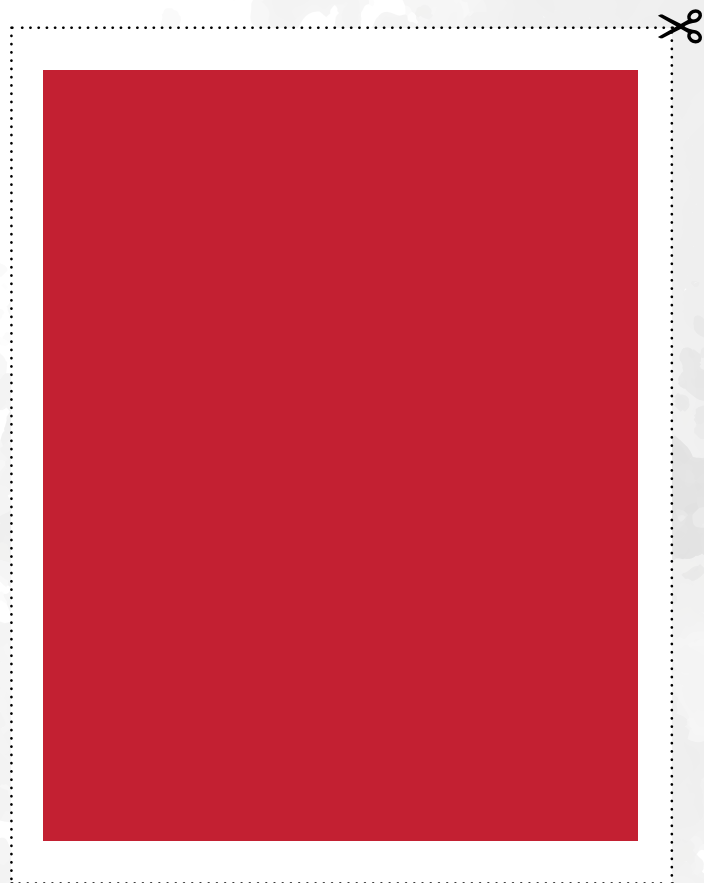
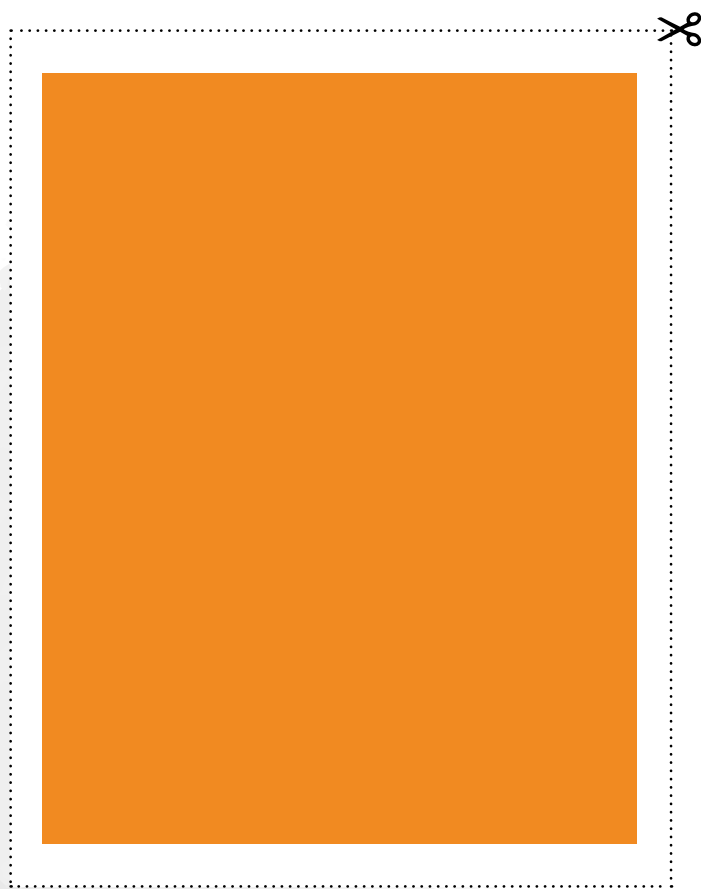
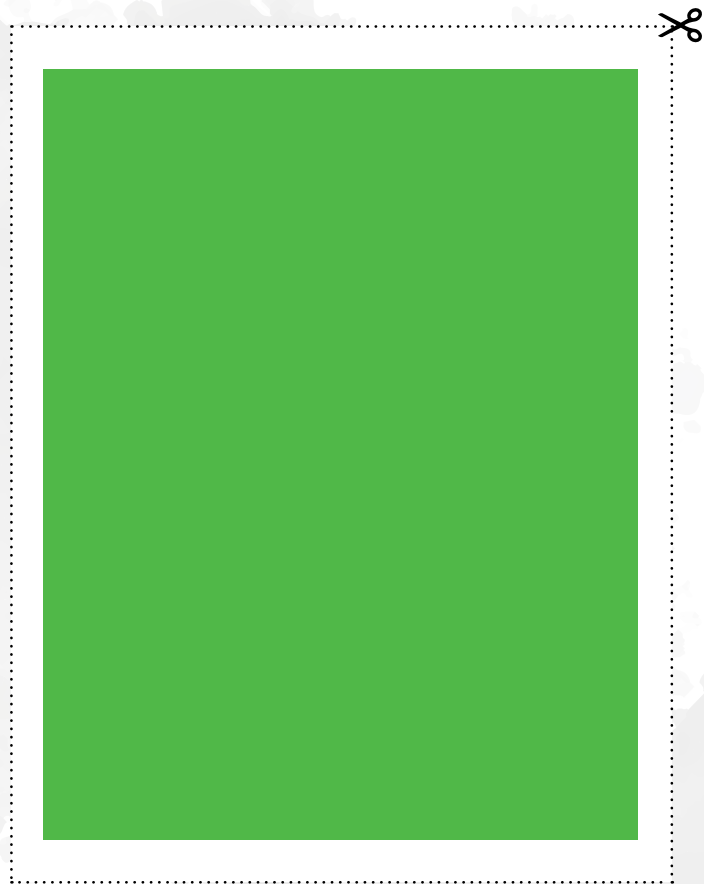


Bringing Up Great Kids Parenting Adolescents

Chapter 2 Handouts

The Three Cards



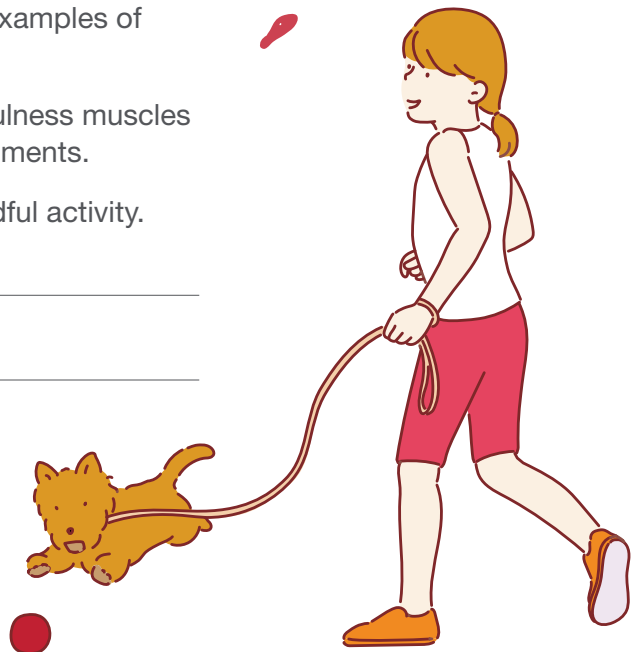
A Mindful Start

There are lots of activities that we unconsciously repeat for tens, hundreds, or thousands of times every day. Walking, breathing, drinking, listening and even looking are examples.

A mindful activity is about deciding and doing any of these activities for a couple of minutes intentionally. You will experience examples of mindfulness during this program.

By doing this simple exercise you are building your mindfulness muscles to use when you are in the most challenging parenting moments.

Take the time to consider what is or what will be your mindful activity.



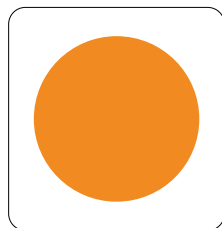
It is repetition that builds the capacity and makes a difference. Repeating your mindful activity as many times as you enjoy each day. Take the time to consider what may prompt you throughout the day and reminds you practise.



Technology friendly ways to support mindfulness with your adolescent



Smiling Mind



Head Space



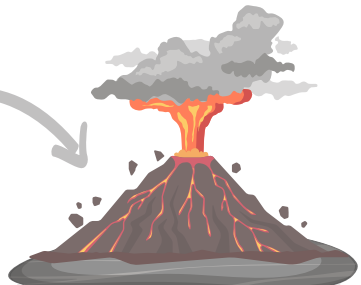
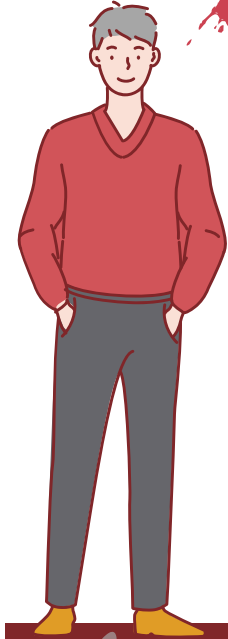
Calm

My Journey as an Adolescent



Who were you as an adolescent?

How did you develop from an adolescent to an adult?



How long did it take you to get to where you are now?

Pick Your Battles

Take the time to consider situations where a disagreement, a difference of opinion or a difference of choice occurs between yourself and your adolescent. Using the table below, you may consider where your own view, or opinion has come from, take the time to reflect on how your own parents responded when you were a adolescent. Once the table is completed, using the highlighters provided, consider which situations are **red**, **orange**, or **green**.



Parents' choice/opinion/taste/practice	My adolescent's choice/opinion/taste/practice	Where might your views have come from?	How do you wish your parents had responded to you?
Your clothing is too revealing to be worn out.	Everyone is wearing this.		
When you are invited to a family event you will attend.	I don't like them, and you can't make me to go!		
Your music is too loud.	It needs to be loud to be enjoyed.		
You are just eating junk food.	I don't like your boring foods.		
Your friends are a bad influence.	It's none of your business who I hang around with.		
While you're living under my roof, I expect you to follow my rules.	Your rules aren't fair.		

Pick Your Battles



Parents' choice/opinion/taste/practice	My adolescent's choice/opinion/taste/practice	Where might this come from?	How do you wish your parents had responded to you?