



15 TIPS TO EMPOWER YOUR TEENAGER WITH SCHOOL WORK, WITHOUT POWER STRUGGLES

ESTELA DE WULF

CONSCIOUS PARENTING
with focus on Emotional Intelligence

1 - REMEMBER THAT THE PURPOSE OF SCHOOL IS TO LEARN AND NOT ONLY GET GRADES.

2- MAKE SURE THAT THE MAIN MESSAGE IS THAT THEY ARE MORE IMPORTANT TO YOU THAN THEIR GRADES. PUT YOUR RELATIONSHIP WITH THEM FIRST, REGARDLESS OF ANY OUTCOMES.

3- AVOID ANY KIND OF BRIBING OR EXTERNAL MOTIVATION. YOU WANT THEM TO LEARN TO DO THINGS FOR THE RIGHT REASONS.

4- AVOID MICROMANAGING HOMEWORK, INCLUDING TELLING YOUR TEENS WHEN TO DO HOMEWORK. OFFER HELP TO PLAN AND MANAGE TIME WITH FOCUS ON BUILDING SKILLS LIKE ORGANIZATION AND SELF-DISCIPLINE.

5- SHOW INTEREST IN WHAT THEY ARE LEARNING AT SCHOOL WITH A FRIENDLY TONE AND GENUINE CURIOSITY, TRYING TO PROMOTE INTERESTING FAMILY DISCUSSIONS AROUND LESSON TOPICS.

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6- OFFER THE HELP OF TUTORS (ESPECIALLY IF THEY DO NOT WELCOME YOUR HELP WITH HOMEWORK).

7- WHEN SUPPORTING THEM WITH HOMEWORK, AVOID GIVING ANSWERS. USE SOCRATIC QUESTIONS AS MUCH AS POSSIBLE AND FOCUS ON FACILITATING AND NOT CONDUCTING THEIR LEARNING.

8- WHEN GRADES ARE LOW, WORK ON FINDING THE UNDERLYING REASONS THROUGH CONNECTION AND NON-JUDGMENTAL DIALOGUE BASED ON CURIOSITY QUESTIONS. AVOID BLAMING AND LECTURING. INSTEAD, WORK COLLABORATIVELY TO UNDERSTAND THE PROBLEM AND BRAINSTORM SOLUTIONS. REACH OUT AND INVOLVE TEACHERS TO DISCUSS AND SUPPORT SOLUTIONS.

9- TRUST THEM TO LEARN FROM MISTAKES BY ALLOWING LOGICAL CONSEQUENCES (RELATED, RESPECTFUL, REASONABLE AND HELPFUL).

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10- REMEMBER THAT PUNISHING OR CONTROLLING WILL LEAD YOU TO THE OPPOSITE DIRECTION OF HELPING THEM DO BETTER. FOCUS ON SOLUTIONS INSTEAD.

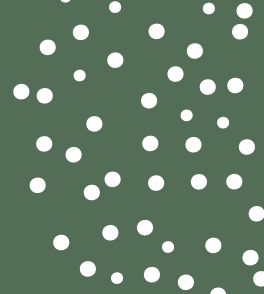
11- BE SURE TO FIT IN SPECIAL ONE-ON-ONE TIME TO STAY EMOTIONALLY CLOSE TO YOUR TEEN AND ALLOW SPONTANEOUS COMMUNICATION.

12- ENGAGE IN PROJECTS TOGETHER, AS OPPORTUNITIES FOR DEEPER BONDING AND PRACTICING LIFE SKILLS SUCH AS LEARNING WITH MISTAKES AND COLLABORATING TO PROBLEM SOLVE. ALLOW THEM TO PROPOSE PROJECTS IDEAS AND GO ALONG WITH THEM.

13- ACKNOWLEDGE AND APPRECIATE STRENGTHS AND EFFORTS. EXPAND ON THEM TO BUILD CONFIDENCE, RESPONSIBILITY AND A POSITIVE ATTITUDE.


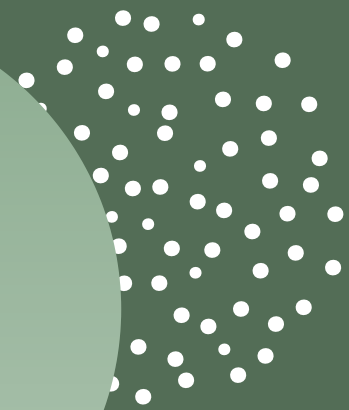
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14- APOLOGIZE WHENEVER YOU ACT DISRESPECTFULLY, MAKING CLEAR WHAT YOU ARE APOLOGIZING FOR AND WHAT YOU WISH YOU HAD DONE DIFFERENTLY. NO "BUT'S". BY TAKING FULL RESPONSIBILITY FOR YOUR MISTAKES, YOU WILL BE MODELING RESPONSIBILITY TO YOUR TEEN.

15- PRACTICE SELF-COMPASSION AND SELF-CARE: TRY, EVALUATE, TRY AGAIN. GO FOR PROGRESS AND NEVER FOR PERFECTION. NOT YOURS AND NOT THEIRS.



THESE TIPS INCLUDE POSITIVE DISCIPLINE TOOLS ,BASED ON THE TEACHINGS OF DR. JANE NELSEN AND LYNN LOTT. FOR MORE TIPS AND SKILLS, PLEASE CONSIDER JOINING OUR "PARENTING WITH CONFIDENCE" GROUP PROGRAM.

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