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## PARENTING HACKS FOR *BUILDING INTO YOUR TEEN*

**Be just what they need.** Teens only want information they need right now. Remember, teens learn on a need-to-know basis. They need you to explain why they should listen before you jump right into what you think they need to hear.

**Don't be predictable.** Find a fresh way to make your point. Be creative.

**Understand their shorter attention span.** You have only a few seconds to grab their attention. Once they know why they need to listen, get to the content, and be ready to listen to their responses.

**Be direct.** Don't take too much time to get to the point. They will pay more attention and appreciate you for not wasting time.

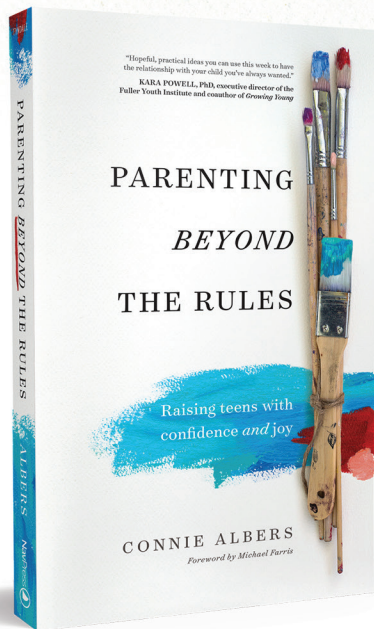
**Help them learn to balance.** They can easily overcommit and find themselves running on fumes. Teaching balance means helping them learn their limits.

**Don't be afraid to do things differently.** Your friends might be parenting differently from you. That's okay. Teach your teen that every family is different. Your teen will appreciate your willingness to set high expectations for your family.

**Use word pictures.** Today's teens are highly image-driven. Use effective metaphors to illustrate your point. Use a story format, and keep it on point.

**Make your point stick.** They don't have time to remember every detail. Add relevant twists. Teens like suspense. They've heard your lectures for years. They know how the conversation is going to go. Surprise them.

**Focus on one point.** If you want them to remember your point, focus on one theme. Don't let yourself ramble.



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CONNIE ALBERS spent 25 years parenting her five children and 20 years working with teens. She is a popular speaker and writer dedicated to strengthening families, parenting, homeschooling teens, faith-filled living, and leadership. Her practical content inspires and equips parents in the trenches. Connie has been a spokesperson for a Fortune 500 company as well as serving as a director and board member for a nonprofit state homeschool organization.

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