

Speaking Of Tweens...

Tweens are 9-12 year old cell-phone toting, beginner-make-up-wearing, fashionista, TikTok-creator, YouTube-watching conundrums. They morph before our eyes from affectionate and silly kids to a mystery of contradicting behaviors. They are funny, they love to play, they are thinking deeper about the world around them and have more insight into people, places and things than before.

Parenting You Thriving Tween

1. By giving undivided attention to your tween, you send a message to them: I am interested in knowing about your life.
2. Tweens know immediately what mood a parent is in and can predict your response once he/she hears your voice.
3. Listen and ask questions: It will get you farther than giving the answer.
4. Get curious about what your tween is thinking. You will help them formulate opinions, find words to communicate to them and hear their words out loud.
5. Be aware of your own feelings, anxieties and distress:
Kids will pick up your energy.
6. Ask you tween about school, friends, things they are interested in. Use open-ended questions, multiple choice and correct-me-if-I'm-wrong questions.
7. Give yourself permission to clear your mind of other activities, thought, deadlines. obligations and timelines to find time for self.



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