

Parenting for the Launch

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— for the —
LAUNCH

What I
Wish
I Knew
at **18**

Before I got married I had six theories about bringing up children; now I have six children and no theories.

~John Wilmot

Preparing Them to Tackle the World



Houston, we have a problem

- The US college completion rate in **six** years at **four**-year schools is a mere 59%
- Only 78% of first-year college students return to their university for their sophomore year
- 36% of college grads regret their major
- Demand for mental health services on campuses is soaring, especially for anxiety and depression
- Young adults are frustrated by the lack of practical skills training

What Employers Say They're *Getting*

- Entitlement mentality
- Poor work ethic and motivation
- Unreliability
- Lack of social skills and professionalism
- Disrespect
- Fear of failure; difficulty handling feedback

What Employers are Seeking



Friendliness

Kindness

Helpfulness

Respectfulness

Self-Discipline

Unselfishness



Humility

Responsibility

Gratefulness

Determination

Self-Control

Don't Forget these Skills!

- Cooking
- Smart shopping
- Laundry
- Banking
- Applications and appointments
- Career prep and savvy
- Self defense

Preparing for Life Success



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Transition Keys for Teens

- Self discipline
- Social adaptation and patience
- Effective study methods
- Stress management skills
- Strong support system
- Self confidence/independence

Social Tips

- Quality beats quantity
- Positivity means everything
- Find intersections of values and interests
- Use the BFF filter in new situations
- More ears, less mouth
- Take a 3D approach to dating

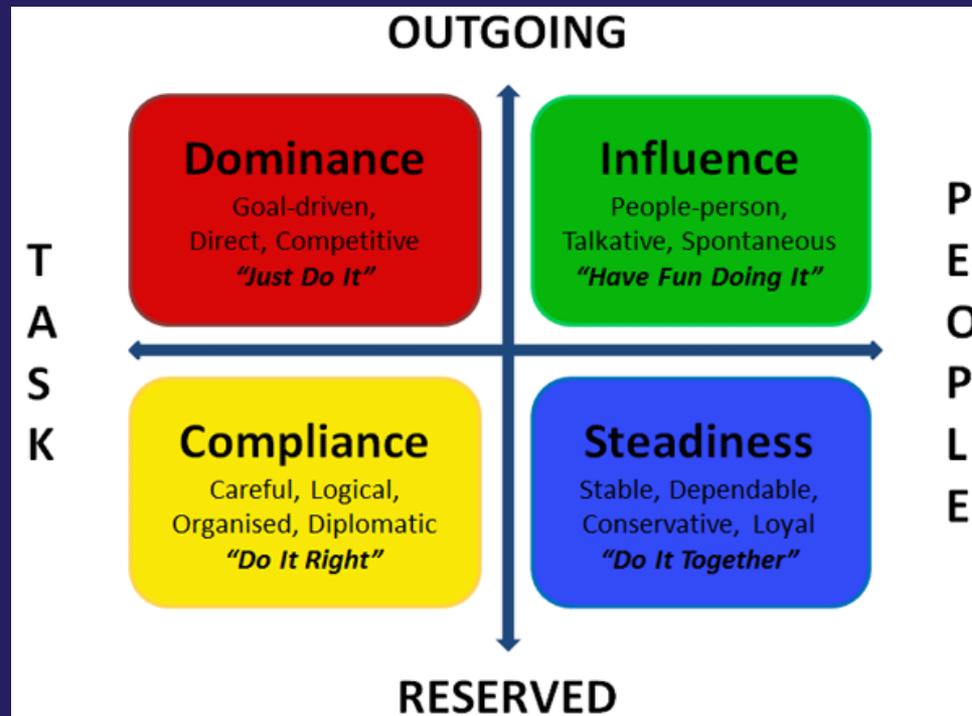
Building an Enduring Relationship



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Personality Influences Parenting



www.123test.com

Who Does Your Teen See in the Mirror?



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Mine Their Treasure with a Personal Balance Sheet



http://www.dennistrittin.com/resources/personalbalancesheet_05-15.pdf

Communicating with Teens



Communication Strategies

- Meet them where they are
- More “share with;” less “talk to”
- Honor the *person* more than their *performance*
- Invite them into your decisions and prayers
- Share in humility to build trust
- Fully engage (be in the moment)

Communication Strategies, cont' d

- When trust is broken or relationships are strained, remember FLPP
- Enlist positive third party voices
- Enter their world and have fun!
- Time your tough conversations wisely
- Stay calm, no matter what
- Remember these top motivators

Which Parenting Endgame?



VS.



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From *Helicopter Parent* to...

Low Self Confidence

Co-dependence

Poor Problem Solving

Weak Resilience

Lack of Motivation

From *Performance Parent* to...

Worthlessness

Anxiety

Isolation

Depression

Fear of Failure

Resentment

From *Permissive Parent* to...

Entitled

Self Absorbed

Disrespectful

Arrogant

Unmotivated

Pleasure Addicted

These Styles are Fear-Driven

- For *ourselves*:
 - How well did we do?
 - How will our relationship change?
 - How will our lives change?
 - Who am I? Will I still be needed?
- For *our teen*:
 - Will they be happy and successful?
 - Will they make good choices and stay true to the values we taught?

Facing our Fears

- Remember, they're entering the driver seat
- Extend yourself grace; you've done your best
- They'll still need you, but in different ways
- View this transition as an opportunity
- Remember, you're more than a mom or dad
- Enjoy your new adult-to-adult relationship

From Driver to Passenger!



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Our Top Ten Parenting Tips

1. Equip them for independence with leadership and life skills and strong core values
2. Adopt an empowering parenting and communication style that treats them as a *future adult*
3. Fully invest in your relationship through unconditional love, approachability, empathy, and accessibility
4. Create a positive home environment with appropriate boundaries, a coaching style, healthy influences and pace, and lots of fun
5. Remember, parenting is not about controlling outcomes, and you are *not* responsible for their success and happiness

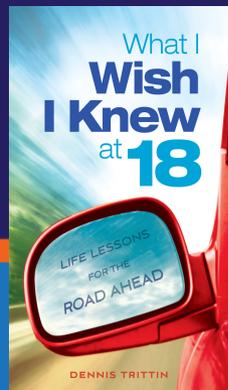
Our Top Ten Parenting Tips, Cont'd

6. Help cultivate their self awareness, and affirm their uniqueness and worth
7. Build their decision-making, coping, and social skills
8. Enlist positive third party adults into your teen's life
9. Be realistic, extend grace, and take the long view; growth comes through successes and failures
10. Remember, you were a teen once

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Versatile Resources for Families

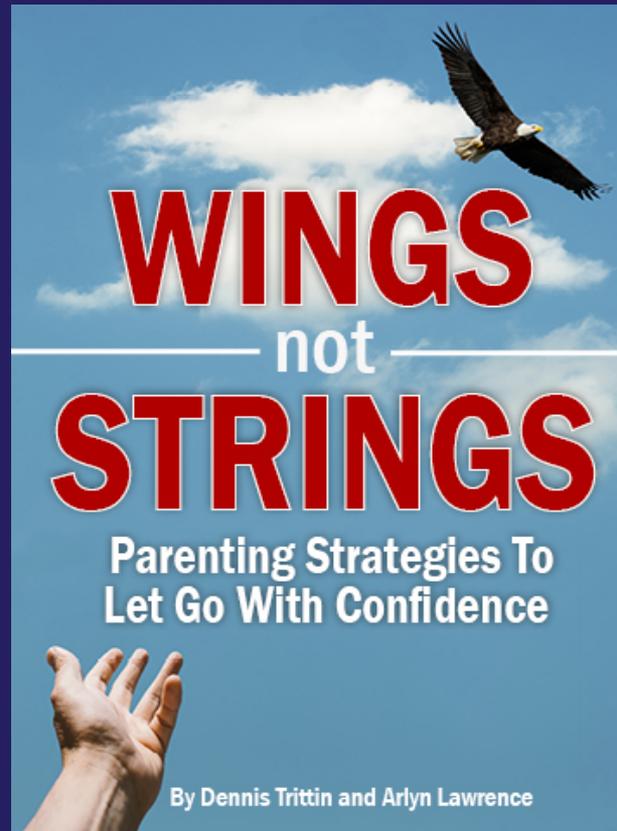
- *What I Wish I Knew at 18: 109 success pointers for teens*
- *Parenting for the Launch: Game plan and strategies to build strong relationships and position teens for life success*



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Coming Soon!



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The greatest gifts you can give your children are the roots of responsibility and the wings of independence.

~**Denis Waitley**

**May they soar like eagles
and fulfill their dreams!**



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Q&A

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