

Wings Not Strings

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The Way We Were



PARENTING
— for the —
LAUNCH

What I
Wish
I Knew
at **18**

Entering the Teen Years

From...



To...



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*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
- 40% 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 are Seeking



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

CORE VALUES

Integrity

Kindness

Respectfulness

Helpfulness

Unselfishness

Responsibility



Humility

Gratefulness

Determination

Patience

Don't Forget these Skills!

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

Who Does Your Teen See in the Mirror?



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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Parenting Verbs to Start Your Day and Bless Your Child

Inspire

Empower

Encourage

Understand

Affirm

Value

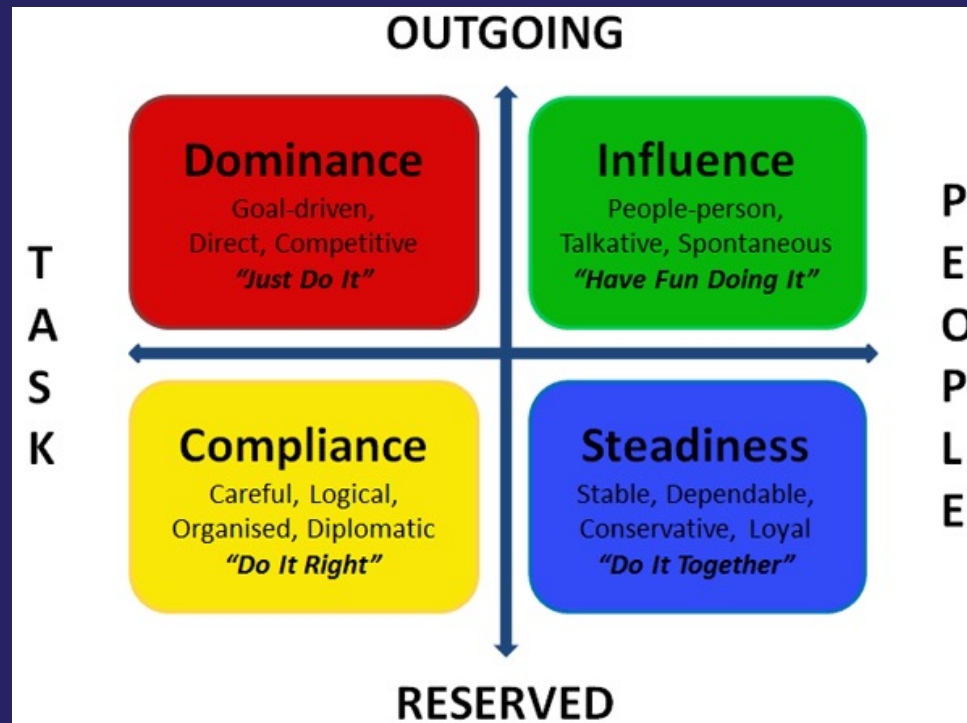
Engage

Enjoy

Coach

Believe

Personality Influences Parenting



www.123test.com

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 and remember you were a teen once
- Remember these top motivators

Creating a Positive Home Environment

- Manageable pace and balance
- Positivity, mutual respect, and core values
- Prioritize family meals and together time
- Teamwork, engagement, and open communication
- Play and fun
- Books, nature, and creative arts

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

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

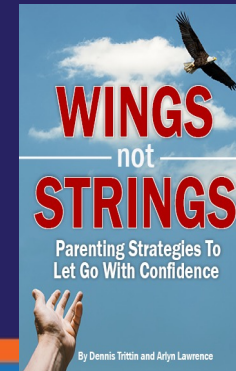
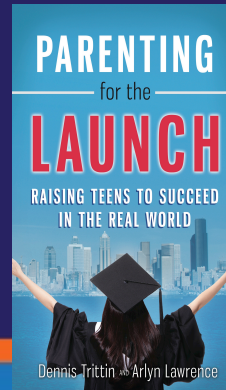
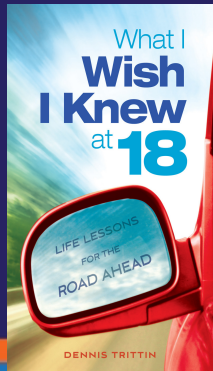
Anxiety Watchpoints

- Lack of margin
- Family pace
- Undue performance pressure
- Lacking self-awareness of stress drivers and avoidance/coping mechanisms
- Social drama and peer influences

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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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The Prize that Awaits



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

~Denis Waitley



Q&A

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