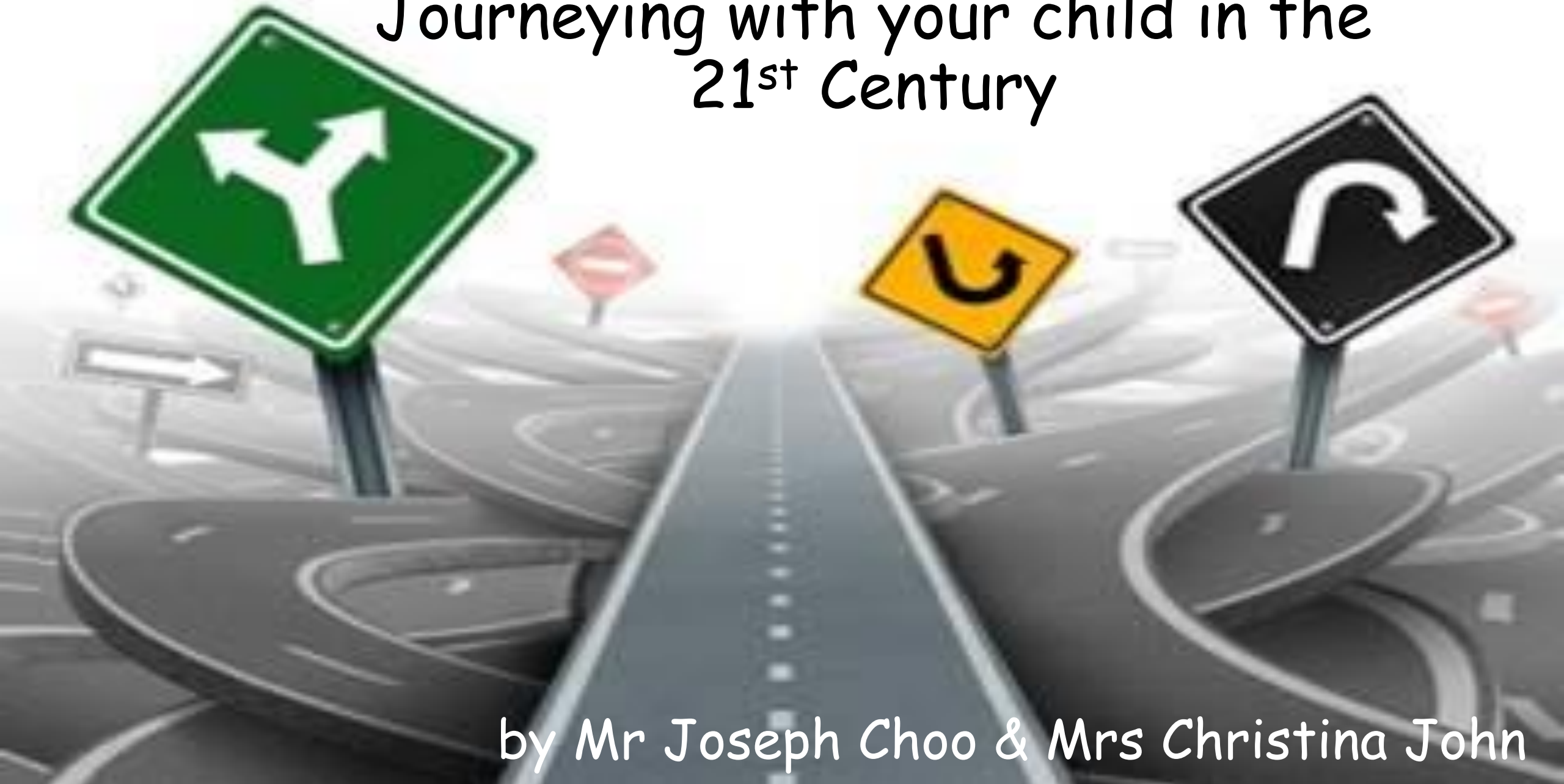
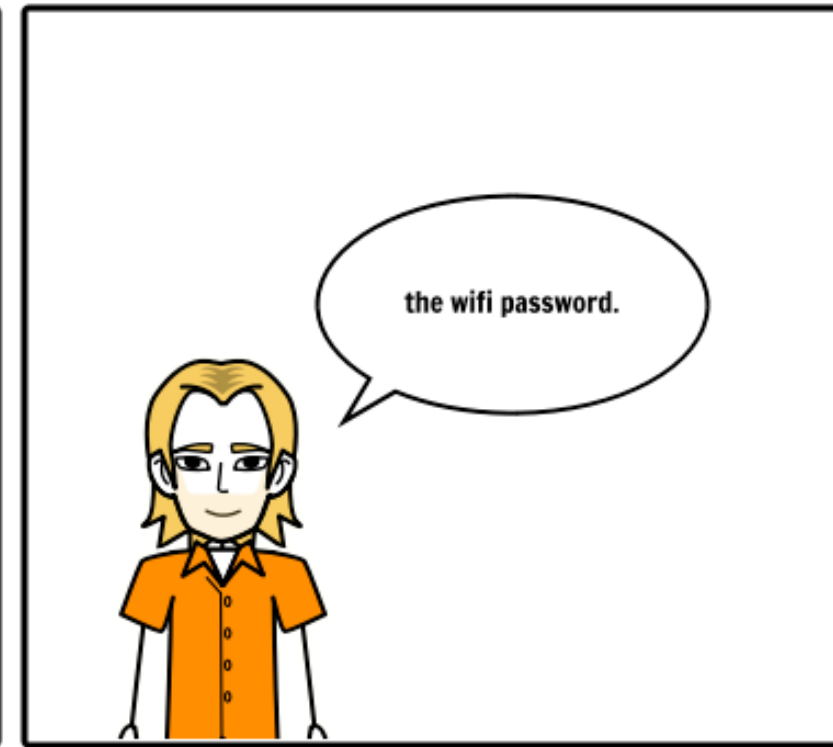
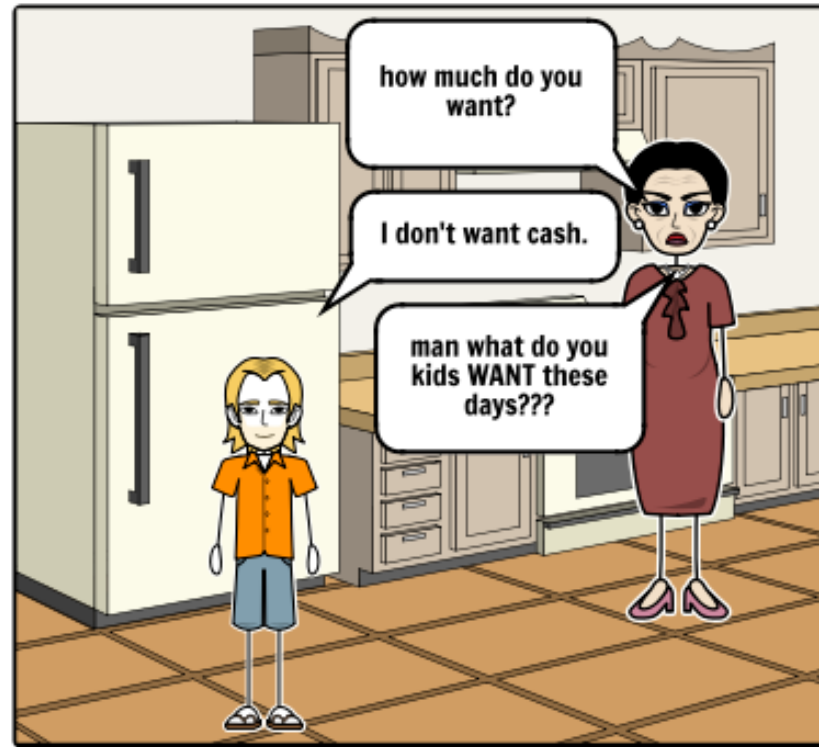
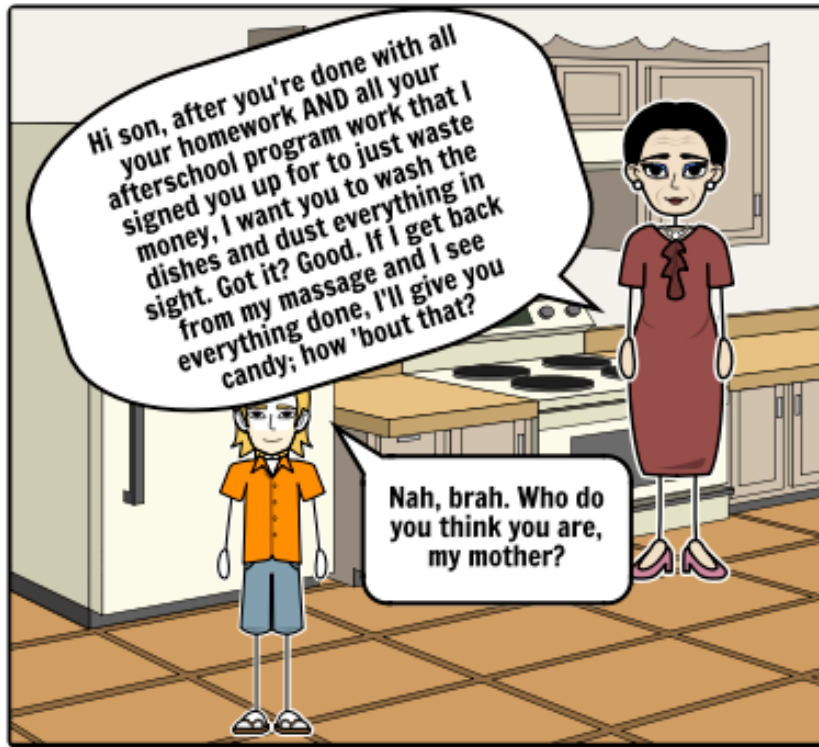


# Journeying with your child in the 21<sup>st</sup> Century



by Mr Joseph Choo & Mrs Christina John

# What does my child want?



# How Teens Cope With Stress .....

Study by the American Psychological Association, [2010 Stress in American report](#)

The research shows that teens are more likely to cope with stress by sitting still rather than going for a run.

- **66%** of teens listen to music
- **41%** of teens play video games
- **30%** of teens watch TV
- **51%** of **young people** believe it's important to be fit  
**78%** of **parents** who think it is **extremely or very important** for their child to be **physically active or fit**.
- **31%** of **young people** think it's important to **find activities away from the computer** compared to **75%** of parents.



# Technology ... Toy, Tool, Trouble?

58% of children aged 2-5 know how to play a 'basic' computer game.

More small children can open a web browser (25%) than swim unaided (20%)

Twice as many kids aged 2-5 can play with a smartphone application as tie their shoelaces

Two thirds of young children can operate a computer mouse

More two to three-year-olds can play a computer game than ride a bike

# Challenges facing the 21<sup>st</sup> Century Teenager ...

- **Excessive Internet usage / Online Gaming**

- Socialize, hang out, communicate, share pictures and videos online
- Text rather than talk on the phone
- Teenagers Watching Pornography
  - By the time they are teenagers, many if not most teens have had some exposure to porn

- **Violence Online & In Computer/Video Games**



# Challenges facing the 21<sup>st</sup> Century Teenager ...

- **TV & The Media**

- Violence on T.V.

- News,

- Especially prevalent in cartoons.

- By age 12, the average child has witnessed

- tens of thousands of violent acts on T.V., video games.



# Challenges facing the 21<sup>st</sup> Century Teenager ...

- **Aggressive behavior in children**

- Exposure to T.V. / Social Media / Online gaming violence
- Violence at home
- The neighborhood

- **Online Bullying (cyberbullying) & Bullying at School**

- Violence in the cartoons, shows, movies or music can desensitize children to the effects of violence and may also legitimize and glorify violence



# Challenges facing the 21<sup>st</sup> Century Teenager ...

- What can Parents do?

- Child's bedroom free of TV and gaming console, computer/laptop

- Allow parents to have control over the amount of they spend on digital devices

- Learn about what the Internet means to them

- Listening to them compassionately and attentively.

- Observe what your children are engaged in online with curiosity, open eyes and an open heart





# Challenges facing the 21<sup>st</sup> Century Teenager ...

- What can Parents do?

- Negotiate to agree on time limits with your child via a dialogue

- Respectful conversations

- Likely to follow agreements

- Achieve balance between online and offline activities (Weekdays vs Weekends)



# Challenges facing the 21<sup>st</sup> Century Teenager ...

- What can Parents do?
  - Quality conversations regarding sexuality
    - Educating them what is pornography;
      - how it affects their lives and their view of males, females and sexuality
  - Monitor Exposure
    - Violent movies, games, YouTube clips, T.V.



The image features three heart-shaped wooden ornaments hanging from a thin string. The hearts are made of light-colored wood with visible grain patterns and some darker staining or knots. They are arranged in a slightly overlapping, horizontal line. The background is a soft, out-of-focus mix of warm yellow and green tones, suggesting an indoor setting with natural light. The text is overlaid in white, sans-serif font.

A journey of LOVE ....

Loving them into SUBMISSION ....

Dr. Gary Chapman states,

"At the root of much teenage misbehaviour is a teen's **empty love tank**. I am not suggesting that parents do not love their teenagers; I am suggesting that **thousands of teenagers do not feel that love**. For most parents, it is not a matter of sincerity but rather lack of information on **how to communicate love effectively** on an emotional level."

Author of "The 5 Love Languages of Teenagers"

# How is your child's "Love Tank"?

- Everyone is born with an "emotional tank" that needs to be filled with love.
- When the tank is full, he/she stands a greater chance of being well-adjusted, happy and resilient.
- Much of a child's **misbehaviour** is motivated by the **cravings** of an **empty love tank**"
- You can fill your child's emotional tank by speaking their love language

# What teens want....

- **Connection** vs Abandonment
  - Presence of parents
  - Time together - over meals, shared activities etc.
- **Acceptance** vs Rejection
  - "My parents accept me. I am OK".
  - "My parents don't like me, I'm not good enough for them".
  - Accepting the Teen, Correcting the Behaviour
    - Remember the teens great question : "Who Am I?"
    - What your teen wants to hear from you : "Whoever you become, I will always love you"

# What teens want....

- **Nurture**

- Give your teen a warm, caring, encouraging and positive emotional environment.
- Nurture yourself first - Deal with areas of your emotional weaknesses
- Nurture and the teenager
  - Motivation for Learning - "why should I study? No one cares what happens to me"
  - An empty love tank affects a teenager's ability to empathize → affects the development of the conscience and moral judgments.

- **Love** - The most basic need : Feeling Love

- Finding Love in all the Wrong Places - teenage sex, pregnancies etc

# A Journey of Love ....

- Read each pair of statements and pick the option that best describes you.
- Tally the total scores for each letter (A to E)
- The letter with the highest score is your Primary Love Language
- The letter with the second highest score is your Secondary Love Language
- Fill up your child's and your particulars and return the slip to us.
- We will do a similar profiling for your child and update you.




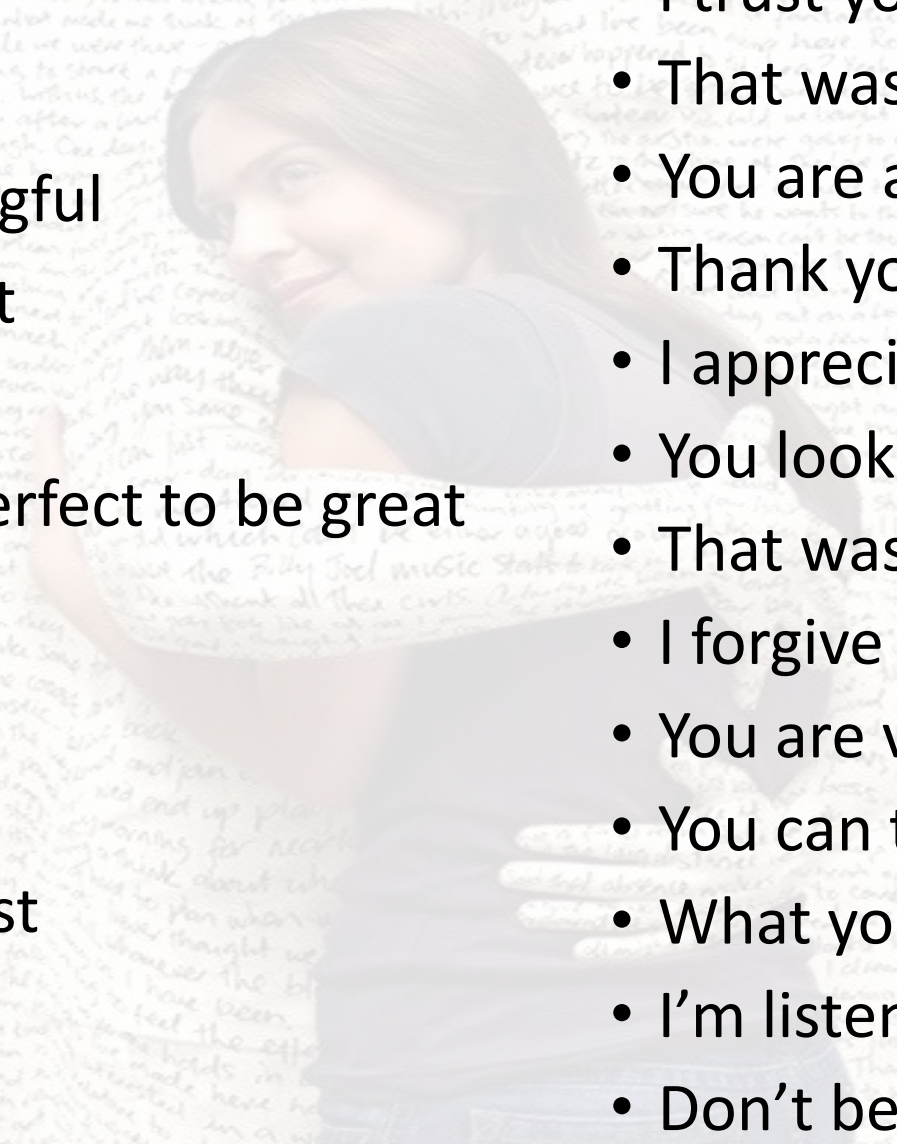
# Words of Affirmation

- The tongue has the power of life and death ~Proverbs 18:21 ~
- Say what you mean and mean what you say
- Affirm your teenager with
  - Words of **Praise**
    - Be Sincere & Specific
    - Praise their efforts
  - Words of **Affection**
    - Express words of affection. Eg. "I love you"
  - Verbal compliments motivate. Nagging creates resistance.
  - Praise them in front of family but not peers.
  - Egs. Notes, text messages, cards etc.



# Some words you can use to affirm your child ....



- 
- I'm grateful for you
  - You make me proud
  - Your words are meaningful
  - I love being your parent
  - Your opinions matter
  - You don't have to be perfect to be great
  - You are important
  - I believe in you
  - You are valuable
  - I know you did your best
  - I accept who you are
  - You make me happy
  - I trust you
  - That was a really good choice
  - You are a good boy / girl
  - Thank you for being you
  - I appreciate you
  - You look great
  - That was really brave
  - I forgive you
  - You are very good at that!
  - You can try again
  - What you did was awesome
  - I'm listening
  - Don't be afraid to be you

# Physical Touch



- Physical presence and accessibility are important.
- Appropriate **time** for touching
  - Timing is determined by the teen's mood
  - The teen's mood is not always apparent
  - When is a good time?
    - Not when they are angry
    - Observe the body language
- Appropriate **place** for touching (Geography)
  - Good place : In the privacy of the home
  - General rule : Do not hug a teen in front of his peers unless he / she initiates it.
- Appropriate **manner** for physical touch
  - Be Flexible - what your child liked as a child may not be what they will appreciate as a teenager

# Physical Touch



- **Inappropriate** physical touch
  - Physical Abuse and Anger
  - Avoid using vicious words and physical violence (eg. slapping, hitting, pushing etc,)
  - Such physical "touches" empties the love tank and creates holes in the love tank.
- Some examples
  - Hugs
  - Hold hands
  - Just being physically near to another
  - Kisses
  - Pats
  - Tender touches
  - Massages
  - Tap on the back

# Acts of Service



- Things that you do to **ease** the responsibilities and burdens of others.
- Receiver feels loved when being helped with tasks & chores.
- **Actions** speak louder than words!
- Enjoys hearing the words, *"how can I help you?"* or *"What could I do to make today easier for you?"*
- Parenting is a service-oriented vocation.
  - Preparing meals, chauffeuring children to school, classes etc.
  - Doing these tasks non-grudgingly makes it an act of love

# Acts of Service



- Note : If you do something for someone so that they will do something for you in return → this is not a act of service.
- Some examples
  - Helping them with a project
  - Running errands
  - Cooking their favourite food
  - Helping them with tasks
    - Eg. Ironing their uniform when they have a lot of homework to complete.
- Avoid
  - Broken Commitments
  - Making more work for them

# Quality Time

- Spending time together while **being present** and giving your full **undivided attention**.
  - It takes time (may require hours)
  - Love is spelt **T-I-M-E**.
  - Without focused attention, the teenager will feel that everything else is more than he / she is.
- **What is required?**
  - Togetherness - It's about making the most of time together (eg. doing things both enjoy)
  - Quality Conversations  
Having "a dialogue between parent and teen where each is free to share their experiences, thoughts, feelings and desires in a friendly and accepting atmosphere"



# Quality Time

## • Guidelines for Quality Conversations

- Maintain eye contact
- Don't listen and do something else at the same time
- Listen for feelings
  - eg. It sounds like you are feeling upset when I forgot our date
- Observe body language
  - eg. Tears, clench fists etc.
- Refuse to interrupt
  - Listen, don't defend yourself or try to "correct" your teen
- Ask reflective question
  - What I hear you saying is ...Is this correct?
- Express understanding
- Ask permission to share your perspective

## • Avoid

- Distractions
- Postponed Dates
- Not Listening





# Gifts



- Gifts and gestures show that you are known, loved and cared for.
- The receiver of gifts thrives on the love, thoughtfulness, and effort behind the gift.
- The gift doesn't have to be expensive
- The gift is appreciated for the giver's thoughts behind the gift.
- Not to be confused with giving a reward for completing a task.

# Gifts



- What makes a gift a gift?
  - Derived from the Greek word "*Charis*" which means "grace" or "undeserved gift".
  - Question : What was the last genuine gift I gave to my teenager?
- Counterfeit Gifts
  - Given by busy and absentee parents
  - They make up for not giving of the love language of quality time, acts of service, words of affirmation or physical love
- Actions to avoid :
  - Missed birthday, anniversary,
  - Hasty, thoughtless gift

# LIVING OUT THE 5 LOVE LANGUAGES AT HOME

Love Language	Actions	Communication	Avoid
Words of Affirmation	Spoken words Written cards and letters	Encouraging words Compliments Affirming spirit	Emotionally harsh words Undue criticism
Quality Time	Running errands Taking trips Doing things together Going on walks Sitting/talking at home	Quiet places with no interruptions Undivided attention One-to-one conversations	Too much time with friends or groups Isolation Gaps of time between meetings
Receiving Gifts	Giving gifts Giving time Remembering special occasions Giving small tokens	Private giving of gifts Pleasant facial expressions	Materialism Forgetting special events
Acts of Service	Assisting with house chores Ongoing acts of helpfulness Exchanging of chores	Say: "What can I do for you?" "I will stop and get..." "Today, I did... for you." Making a checklist	Forgetting promises Over commitment of tasks Ignoring
Physical Touch	Hugs Pats Touches Sitting close	Pleasant facial expressions Mostly non-verbal	Physical abuse Corporal punishment Threats Neglect

