

Parenting in the Eye of the Storm

Car safety seats come with instructions, putting together a bed comes with instructions, adding a new program to your computer comes with instructions - but when you leave the hospital you have diapers and someone wheels you and your baby to the car and wishes you well.

And even though there are all kinds of "How To" parenting books, starting at birth all the way through adolescence - when it comes down to it - parenting is the hardest thing you will ever do!

You get them through diapers, walking, saying no, not running into the street, the first day of school, overnights, homework etc... and then you come face to face with - **adolescence and puberty!**

There aren't enough books or manuals written to prepare most parents; and in the end, what are you left with?

- A grown teen with a major attitude and a mouth to match.
- A teenage girl who insists on dressing age-inappropriate... because "everyone" is doing it.
- A tween girl whose hormones and mood swings are so bad you're ready to tear your hair out.
- A tween boy who thinks it's funny to put as many four letter words in a sentence as possible.
- Also the hard ache when your own parent gives you that smile that says, "Now you know what it was like for me."

Sound familiar? When you're in the eye of the storm, it's difficult to navigate your way to a calmer place.

3 Keys to navigating out of the storm!

- Key #1: What most tweens and teens want more than anything are boundaries. Boundaries help them to feel safe and secure. Remember your three year old, he or she demanded independence, but was always making sure you weren't far away. Tweens and teens are no different, just packed with more hormones.
- Key #2: Pick your battles (they only get bigger), communicate with them like you would like to be communicated to. Remember when you spoke baby talk to you infant, pretty silly.
- Key #3: Make sure each day you find at least one positive loving thing to say to your child and even if they roll their eyes when you ask for a hug, keep asking. We all need physical contact, especially an adolescent.

Remember how you feel when things go really well? Or when you've had one of those parenting days where you remember why you had children in the first place?

Well that's what the **Birds & Bees Connection** is there for, to help make you reconnect with those better days. We give you the information and tools to have more of those "happy" moments with your child. And isn't that why we all became parents, to watch our children grow into healthy happy adults.

3 reasons why our courses help you reconnect.

- Reason #1: Parents receive answers they need to confidently talk with their children. Our courses help parents to find 'Teachable' moments to make the discussions easier.
- Reason #2: Our courses create an environment where children will view the parents as open and approachable, thereby leading to the child's willingness to come to the parents with questions and concerns in the future.
- Reason #3: The Birds & Bees Connection's goal is to offer high quality, affordable parent/child courses at each developmental stage; so that parents receive the support they need to raise physically and emotionally healthy children.

Sincerely, Leslie Dixon

Visit our website www.birdsnbeesconnection.com for course dates or you may choose to host your own. The benefit of hosting your own course is it allows you to choose a date and time that best suits your schedule.

Call us at **949-215-7809** or email us at info@birdsnbeesconnection.com

