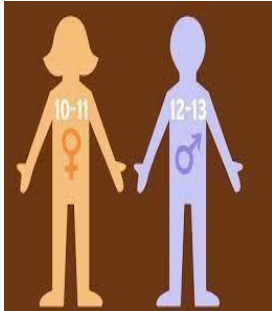




Effective communication (For Parents)

By giving a child's every wish, you instill boredom in him." Frank A Clark

Dear parents!



There is no doubt that raising children is a difficult task and there is no compensation for the mistakes we have made. Our children are, in a sense, our mirror. Whatever they see or learn from us, they reflect the same. If we do not like our reflection in the mirror, we must first change ourselves. Being a parent does not mean being strict, judgmental, authoritative and disciplinary, restrictive, controlling, prohibitive, obstructive, oppressive, critical, interfering with everything, not listening, speaking a lot, giving advice all the time, making people do what they want with threats and

pressure. REMEMBER CHILDREN ARE OUR FUTURE.

What is the adolescence period?

Although there are individual differences, it is the period covering the ages of 11-20 in individuals. Adolescence is the first step into adulthood. Adolescence is a very stormy period for many individuals. In this sense, parents have great responsibilities. In addition to rapid physical changes, many changes occur in emotional and social areas in your child. Adolescence is one of the developmental stages that every individual must experience. With a caring, respectful, loving attitude and right communication, it is possible to overcome it in a healthy way.

What Happens to a Teenager During Adolescence?



- * Often experiences mixed emotions.
- * He/she is inconsistent in his feelings.
- * Has a confrontational, maladaptive and angry attitude.
- * He/she thinks that people do not understand him/her.
- * Structurally unstable and contradictory.
- * Has trouble with friends: He/she either has many friends or complains that he/she has no friends.
- * He/she is insecure about himself and his surroundings.
- * All his attention is on his/her body.
- * He/she expects constant appreciation. Begins to attach great importance to the opinions of others.
- * He/she opposes all kinds of rules, tries to set his/her own rules.
- * He/she is very fond of his/her freedom.
- * There are intense conflicts, especially with the mother.
- * Shows the feeling and behavior of attachment to a group, person or idea.
- * Increased interest and curiosity towards the opposite sex come to the fore.
- * May be messy, careless or even clumsy, sometimes disrespectful.
- * May react harshly to criticism or warnings made to him/her.
- * May exhibit indifferent, insensitive behavior towards their lessons and responsibilities.



* Rapid physical changes occur

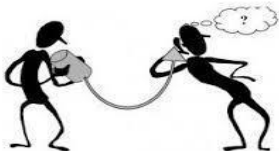
WHAT DO THEY WANT IN THIS PERIOD? WHAT DO THEY COMPLAIN ABOUT?



While the adolescent tries to get used to his new physical appearance, he/she may experience many problems due to the change in the expectations of the family from him/her.

- * Grown-ups are very unsympathetic and oppressive
- * My friend group excludes me,
- * My family does not allow me to have a girlfriend/boyfriend,
- * I have nothing to do in my spare time,
- * I can't ask my family what I'm curious about sexuality,
- * They always think me as a child,
- * My parents interfere with my friends, they criticize them,
- * I can't go out without permission, I have to come early,
- * I can't feel comfortable in foreign environments, I can't express myself,
- * No one understands me!
- * Everyone is making fun of me.
- * I am constantly criticized or unfairly scolded and punished.
- * There is a lot of pressure on me.
- * My personal belongings are mixed, my room is entered without permission etc.

ADOLESCENT REQUESTS:



- * I want my family listen to me.
- * Don't make fun of my friends and me.
- * Respect me and my wishes.
- * I want a separate room so that they do not interfere with my space.
- * Don't let them tell me what to do,
- * Let them make decisions on my behalf without asking me.
- * My friends are important to me so they don't get involved.

WHAT ARE ADOLESCENCE-PARENT COMMUNICATION BARRIERS?

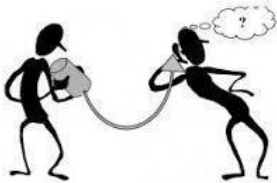
NEVER DO these;



- * Constantly criticizing, judging
- Being the only rule maker,
- Constantly asking questions
- Not having the patience to listen to the child
- Searching for a meaning behind every behavior
- Being condescending and underestimating
- We can give examples of our behaviors such as mocking.



TRY THESE FOR Effective Communication;



- * Listen actively.
 - Make him/her feel that you understand him/her.
 - Let him/her express him/herself as much as he/she wants.
 - Do not constantly criticize him/her and value his/her words.
 - Do not forget to take his/her opinion in the decisions you make.
 - Make him/her feel that you trust him/her.
- Allow him/her to take responsibility.
 - Make him/her feel valued.
 - Set an example for your children with your actions, not your words.

SUGGESTIONS TO PARENTS



- * Try to stay away from discourses that may prolong the conflict in possible tensions that may arise between you.
 - * Act together in the decision-making and implementation phase. Make decisions together.
 - * Children take their families as a model for themselves. Therefore, be consistent in what you say and do. Let's not forget that young people learn and apply more what they see, not what is said.
- * If we constantly criticize him/her, do not like anything he/she does and do not trust him/her, we will see a child who constantly rebels and opposes everything we say. So we must be mindful of what we do and speak.
- * In our adolescent children, the family no longer loses its importance, but it takes as the secondary place. Your child will find new circles that will want to go out. Instead of restricting going out, try to organize your family environment in a way that is comfortable for him/her.
- * As a parent, it is important that you get his/her opinion in the decisions you make about the family. This will strengthen the feeling of being a part of the family, belonging and valued.
- * Be patient and loving towards him/her, because don't forget all these rebellions and contradictions temporarily.



* For him/her, the group of friends is important. In fact, most of the time, what your friends say and do is more important. That doesn't mean he/she left you. Don't panic, rely on him/her for healthy socialization.



* The most important way in healthy communication is to be able to use the "I" language. Adjust the direction and dose of criticism well. Criticism should be about the mistake made. The use of "you" language, which may mean an intervention in personality, can be perceived as an accusation.

* Reward positive behavior as a parent. This can be a good word. It doesn't have to be financial. Try to ignore their negative behavior.

*Share your special memories once in a while. So they will share the room with you. But don't go beyond the limit of being a parent. He/she will have many friends throughout his/her life, but you are his only parents. Keep this in mind.

. *This period is the transition to the adult world. Support him/her, but never forget not to compete for authority.

* Give the message that he/she is loved regularly, consistently and without exaggeration.

* Do not criticize too much on the weak aspects, try to get to know your strengths together.

*We are all human and we can make mistakes. Stay away from a perfectionist approach. Let him/her make little mistakes. This will prevent him/her from making big mistakes.

Remember, we learn a lot from our mistakes and experiences.

* Be patient and calm during your child's outbursts of anger. Give him/her time. Keep in mind that it is temporary. Apologize when you're wrong.

Finally, our children



- By accepting unconditionally,
- Supporting their interests and abilities,
- Acting together in problem solving and acting conciliatory,
- Respecting their feelings and thoughts,
- By listening under all circumstances, giving trust and love,

•LOVE HER/HIM, recognizing that he/she is a separate and independent individual from us.

***DO NOT FORCE. CONVINCe! *DO NOT ORDER. REQUEST!**



DON'T LEAVE IT WITHOUT READING THIS LETTER WHICH WAS WRITTEN TO YOU

“My dear family,

I am aware that at times we have difficulty speaking and understanding each other. I am writing this letter to share what has been on my mind and what I want to tell you.

We are in a conflict right now and I need this conflict. I don't know how to express this, but let me try: I need to hate you right now and see that you don't break down with this hate. It doesn't matter whether we're fighting over my homework, my messy room, my coming home late, or my bad friends; I need to clash with you and feel that we can all survive at the end of this conflict. I need to feel like I can be loved even when I'm at my most annoying, even when I seem like I don't like you. I need to see that negative emotions don't always end a relationship.

First of all, please know that this period is difficult for me as well. My body is growing and developing rapidly and my appearance changes so much that sometimes even I am surprised when I look in the mirror. My life has taken on a whole new dimension: new excitements, new friends, new curiosities, new thoughts, new expectations, new goals... Every day I try to discover who I am, and I think it's called identity building. Who am I? What do I like? What kind of person do I want to be in the future? What are my strengths and weaknesses? What makes me happy, what sad? What is my role in this life? These are the questions that are starting to bother me, and I'm trying to find the answers to them.

I guess I will always remain a child in your eyes, but I am growing up. Being a kid was great and I will probably miss a lot, but I can't wait to be an adult. You told me on my last birthday that I was grown now, remember? Okay, I admit, I'm not an adult yet, but please stop acting like I'm still 9 for the rest of the year.

Before continuing to read the rest of the letter, there is one small thing I would like you to do:

Now go to the door of the room you are in. Put one foot in the room and the other outside and wait for a few minutes. Isn't it very frustrating to be neither in the room nor outside, just standing there in between? That's just how life is for me these days... I stepped into adulthood with one foot while I was still a child and the other foot, but I'm still somewhere in between.



Sometimes I feel like a child and I need you. Sometimes I take on an oppositional challenge to you. I know it's not very nice, but isn't that natural? I have to admit that I was a little scared when I challenged you... But as scared as I am, deep down I know that in order to be a self-sufficient adult, I sometimes even have to go against you. If I don't learn to make and implement my own decisions now, I will have more difficulty in the future. I am still with you; You have the power to allow me to support or to limit me in case of danger.

Look, this process is not easy at all, rest assured. Remind me of my options and possible consequences, but no matter how hard you try to prevent me from making mistakes, and no matter how hard I try not to, sometimes I will continue to make mistakes. You may have gone through the same paths, you may want to protect me, but let me learn to wander a little on that road and come back. It is impossible for you to protect me from everything forever. When I encounter negativities and life's pains, I need to learn how to deal with them. Although I don't want to admit it, I know that thanks to your understanding and the safety you provide, I will be able to overcome many things and enjoy this period and be a responsible adult in the future. Sometimes I get stubborn with you, but you're still going to be considerate of me, right?

My actions may not always make you happy; At such times, offer me options or allow me to find alternative options on my own. I'm not perfect, and I don't want to be perfect either. If I have weaknesses, don't put them in my face, instead, let's look for a solution on how I can strengthen them a little more. I have strengths, I know. I want you to see my strengths and appreciate them a little bit. Don't set goals for me instead of me, I can set my own goals and put the effort into them, you guide me.

If you're asking me something, let me answer it. Let me express myself, listen to me without interrupting my speech and try to understand. I need you to understand me. Do you think it's a good idea for you to judge me? Do you really think it will work? Instead of repeating my avoidance of bad things, encourage me to do good. It is very boring to listen to you while you are advising me... Especially sometimes, "Don't look at me, do what I say." you say, that's what I hate when you say it. For example, isn't it a little weird when you tell me to stay away from fast food while you yourself are not eating healthy? You don't have to be perfect, just set an example for me. If you won't be my role model, who will?

It's like I'm on one of the trains in the amusement park: My emotions are fluctuating, I feel like I'm on the top for a moment, but suddenly I go down, I give opposite reactions. Please don't try to correct me. If I feel bad, that's my sadness. I need to be able to deal with it. Everything that makes you happy does not have to make me happy, I am a separate individual from you, I may not be able to share every joy with you. Be with me, that's enough for now.

When you ask me where I am with who I am, sometimes it's hard to drive you crazy with the answers I give, right? I'm a little more aware of the limits of my private life now, but keep asking,



okay? Of course, without overwhelming me 😊 Actually, I feel that you are asking this because you care about me and this is good for me, but I don't like to be in a position to always explain my actions. Sometimes you ask me how my day went... One memory doesn't fit my memory, which one should I start talking about? So I choose the easy one and say "it was good" and pass it off. For example, ask me if I experienced something wonderful that day, if I encountered a difficult situation, if I did something enjoyable. Okay, I'll probably just keep messing around with my phone instead of answering you properly, but I think you should give it a try anyway, because I want to improve my interpersonal skills over time, just like my peers.

Speaking of interpersonal skills... Let me explore my sexual curiosities without being judged. Teach that sexuality is a gift that should not be suppressed, but that I should have limits in this area, as in all areas of life. Treat me with respect so I can develop self-esteem and know that others should respect me.

Trust me, believe me. As you give me responsibilities, I will learn to take more responsibilities and fulfill them over time. I guess it's not easy for you to give me space and responsibility... With every responsibility you give me, my independence gets a little stronger and this reduces your control. Is it a little scary? Try to trust me. I may not be able to handle it every time, but I can try again. Don't give up on me. Don't give up on yourself. Sometimes I hurt you, when I get angry I say bad things and throw all the negativity in your face, but I need you to believe in yourself. I need to know that you will be by my side no matter what, that you will try your best to meet my needs, not all my wishes, that life is worth living despite all the difficulties.

I love you. Even if I don't say it or show it, and sometimes even claim otherwise, I love you and I know you love me too. It's a difficult process for me and I know it's not easy for you either, but please remember how you stand at the door and how much it bothers you. I'm in that doorway.

Your beloved teenager "



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