

THE ULTIMATE RECIPE FOR BEING FRIENDS WITH YOUR TEEN

Talking Teens recipe for *Being Friends with Your Teen* is a concept that takes the important ingredients of being a parent and re-invents into something your teen will relish, and you will enjoy serving up time and time again. Live the definition of a true friend: one whom your teen can trust, rely on, go to for anything, and have fun with.

INGREDIENTS

- emotional intelligence
- trust
- resilience
- humour
- ability/willingness to listen
- patience

METHOD

- 1 Using **emotional intelligence**, identify your personal triggers. Work through issues that might make you react impulsively. This will leave a firm **resilience**
- 2 Combine **resilience** with **trust**, add the **willingness to listen**. Mix thoroughly until you have firm ability to cope in even trying circumstances. Allow to set firm
- 3 **Humour** is an essential ingredient and should be used liberally. In order to deal with testing circumstances as well as enjoying the good times, you can never have too much humour
- 4 Slow-cook the mixture over as many years as it takes to build a friendship that shows trust in your teen and their journey to becoming adults. Enjoy being their friend.

Easy

Moderate

Tricky



CHEF'S TIP

Being a parent/friend is often mistaken for the parent acting like a teen themselves. This is a recipe for disaster and certainly not something to aspire to. Regular self-assessment is required in order to be successful. Be mindful to remain being the adult, and enjoy!

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