

BEAUTIFUL SAVIOR
LUTHERAN SCHOOL
PRESENTS:
PEARLS OF LOVE AND LOGIC

Special Thoughts on Raising Kids

Is It Normal for a Parent to Feel This Way?

If you're tormented by self-doubt, constantly worried about how you're raising your teen, and often wonder why it's so difficult to be a parent, you're not alone!

Just as teens experience common feelings, so do the parents of teens. You might recognize yourself in the following descriptions:

Parents of Teens Feel Inadequate

Many of us experience self-doubt and seriously question our ability to parent. We ask, "Am I too *critical?*" or "*Am I strict enough?*"

Parents get down on themselves because what worked when their teens were youngsters no longer applies! While a certain amount of self-doubt is normal, we shouldn't go so far as to think we're "bad" parents.

Parents Feel a Loss of Control

When teenagers do things we can't stop, we feel a loss of control. It helps to ask, "*Were we meant to control our children?*" Teens, in particular, need free will. But many parents clamp down harder on their children as they grow older. The more determined we are to control, the more problems we have.

But the more we act as good advisors, asking questions in place of giving orders, the less resistance we see from teens.

Parents of Teens Feel Guilty

Guilt is a common feeling when our adolescents don't turn out the way we think they should. We spend a lot of time worrying about what others think of our ability as parents. Instead of worrying about what others think, go with the flow and do what you think is best!

Parents Have a Strong Desire to Enforce Tighter Rules

When teens start becoming more independent, our natural tendency is to make more rules. But as they grow older, there should be fewer, not more rules.

The last three years a teen is home should be like practice for the real world. And that means fewer rules and more negotiation on what both parents and teens can live with.

Parents Feel a Sense of Failure

So often we feel like we're failing. Do our kids help us feel this way? You bet they do! They let us know (and never let us forget) our weaknesses as parents. They are quick to remind us that all the other parents are doing a much better job!

But raising teens is a time of "goof and grow." We learn the hard way and make lots of mistakes. We shouldn't be so hard on ourselves - no matter what our teens tell us!

Parents, Like Teens, Have Feelings of Doubt