

## What are you **REALLY** saying?



**"As a parent, it is always good to remember that your actions and attitudes can speak louder than your words."**

One of the most difficult challenges parents face on a daily basis is communicating with their teen. At times, you might honestly feel that you speak two different languages. It is also in those moments that frustrations come out in words AND in actions. As a parent, it is always good to remember that your actions and attitudes can speak louder than your words. With this in mind, here are some things to think about as you work hard to better communicate with your teen. First and foremost, you must focus your attention on your teen. Stop reading the newspaper or watching TV. Go to a place where there are no distractions and totally focus on the conversation. Second, be aware of your facial expressions. You might not even know you are doing this, but a raised eyebrow or headshake will automatically trigger the "defense" mechanism in your teen. If you don't know you do this, ask someone you trust who will tell you the truth. Don't respond with sarcasm. One-line "witty" zingers are not appropriate and only teaches your teen to respond like this in other situations. Make a conscious effort to not interrupt your teen while they talk. Allowing them to finish their thoughts shows them respect, and hopefully, will teach them to allow you to finish yours when it is your time to respond. Listen to what your teen is saying. Instead of trying to understand their point of view, many parents start formulating in their heads what they are going to say next. Stop doing this, and start listening! If a conversation is getting too heated, take a break. This break will allow time and space, giving each of you another chance to talk. Every word spoken to your teen is so important. Pray that your next conversation is one that begins and ends honoring the Lord and each other.

### **Greetings Parents**

We hope that in this month you found the joy of the Lord as we celebrated His Resurrection

In this issue of our newsletter we wanted to share with you the success of our Youth Ministry Event. As many of you know we went bowling and although, our arms were aching after hurling a bowling bowl weighing 10 or more pounds for 2 hours, we had a great opportunity to build relationship with one another. These events give our youth a chance to become a cohesive group, a body of young believers, which is what we are called to be.

Thank all of you who encouraged your children to join us. We hope that as we continue these events in the future you will continue to encourage your youth to join this fellowship of young believers.

In addition to our event in April we are continuing to make disciples. Our youth had a chance to review and even instructed their peers on what we have discussed over the past several weeks. As these young people open their bibles concerning the topic of Christ's Lordship a realization that the bible can make sense swept over the room, "I've Got it".

Continued below..

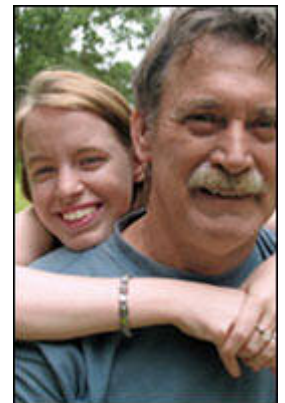
## **Pulse**

**KQED.org polled teens and adults on how well each group communicated with the other. Here are just some of their findings:**

Statement: "Parents have good communication with their teens."

Teens response:  
22% - Agree  
78% - Disagree

Adult response:  
52% - Agree  
48% - Disagree



Statement: "Teens feel comfortable talking to their parents."

Teens response:  
21% - Agree  
79% - Disagree

Adult response:  
53% - Agree  
47% - Disagree

## The Parent POV

(point of view)

**The ability to communicate is important for every member of your family. If it has been a while since you sat down and had a conversation with your teen, here are some questions that just might "break the ice":**

1. What was the high point and low point of your day?
2. When would be the best time each day for us (Mom and/or Dad) to have a conversation with you?
3. What is ONE thing I can do to help make it easier for us to have a quality conversation on a more frequent basis?
4. Is there anything I can pray about in your life right now?

\* NOTE: Get in the habit of asking open-ended questions. Don't allow them to just give you a "yes" or "no" answer anymore.



# Focus on Prayer

### Pray that:

1. God will help your family find moments throughout the day that will allow each of you to interact and talk to each other.
2. God will give you better understanding on what your teen needs to open the lines of communication.
3. You will make your family a major priority this week.
4. God will give you patience and wisdom in how you listen and respond while talking to every member of your family.

### .....UPDATE CONTINUED

As these young people are beginning discipleship the words, "I've Got It" are all important. This statement means that they are understanding what they are being taught. This is a good sign that we are making progress.

As we continue to bring the truth of God's Word to them please be praying that more of these "I've Got It" moments come as we press on towards the goal of making, maturing, and mobilizing young disciples for Christ.

Until Next time, may the Lord's peace and power be with you.



### Did you know...

- \* Teens who have strong emotional attachments to their parents are much less likely to become sexually active at an early age. ([etr.org/recapp](http://etr.org/recapp))
- \* 61% of parents say they talk frequently to their children about values and beliefs, but only 41% of teens report such conversations. ([naperymca.org](http://naperymca.org))
- \* The majority of parents (57%) express some degree of difficulty in getting their teen involved in a meaningful conversation on topics like who their friends are, how they dress, how school is going, and what they worry about. ([mediacampaign.org](http://mediacampaign.org))
- \* Only a quarter of parents (26%) say their teen listens to their concerns and that they get into a deeper discussion with a full exchange of views. ([mediacampaign.org](http://mediacampaign.org))

