

# PARENTING TEENS - MOVING FROM CONTROL TO INFLUENCE

## Cheat Sheet

- **PRAY, TRUST, AND CHILL.**
  - Pray continually.
  - Remember that God is sovereign over all, including your parenting efforts and your teen's well-being.
  - Relax. When God is in control, we don't have to stress.
- **POINT THEM TOWARDS GOD AND HIS WORD.**
  - Ask, "Have you prayed about that?" or, "What does the Bible say about it?"
  - Share scripture references or images (use their preferred media format).
- **GET TO KNOW THE TEEN VERSION OF YOUR CHILD.**
  - Connect with your teen by doing things they like to do with them.
  - Get to know their evolving personality and their hopes, dreams, fears, etc. by talking together, asking questions, and listening.
- **GIVE UP SOME CONTROL.**
  - Make a list of things you are comfortable giving up control on and what you are not. Make sure all parties are happy with this list; tweak as necessary.
  - Put the list into action.
- **ALLOW YOUR TEEN TO MAKE SOME OF HIS OR HER OWN DECISIONS.**
  - Start with small choices and work up to larger ones.
  - Allow them to make decisions in areas in which they show maturity, but continue to assist them in areas that require guidance.
- **REMIND THEM FREQUENTLY THAT YOU ARE THERE IF THEY NEED YOU.**
  - Then actually be there for them on their terms.
  - Make sure to listen and watch their body language before speaking to make sure to respond in the way they need you to.
- **TELL YOUR TEEN ABOUT WHAT'S GOING ON IN YOUR LIFE AND HOW YOU'RE MANAGING IT.**
  - Telling your teen about your struggles and successes helps them see how you handle things in a God-glorifying way.

*You got this!*