

COUNSELOR'S CORNER

Flip the roles!! Wait... You say I AM the teacher?

Yes I am saying YOU be the teacher!

The lesson today is to remember...there are always teachable moments with your teen. I often see moments where we can teach our youth lessons from their experiences with coaches, teachers, lovers and friends. If your child says, "Gosh mom, today this girl snapped at her friend and they almost got into a fight. It was crazy!" what will your response be? Maybe some of us, not purposely trying to continue the drama, will say, "Really? That is crazy...then what happened?" We are driven by media and gosh, have you seen the TV shows lately? Drama, drama and more drama. Many of us are guilty of watching those shows and it can trickle into our own relationships. Instead ask, "Wow, what would you do in that situation? Has anyone tried to yell at you like that?"

Or if they say, "Coach is stupid! He makes us run when we are late and I told him I was sick but he doesn't care!" Some of us will say, "I'll call coach, he needs to get off your back". A teachable moment (*even if the coach is a pain*) is to say something like, "Well, why were you late? I was late once and my boss chewed me out. Make sure you communicate well with coach before practice so he knows you are not making up excuses". We all know that people can be difficult to deal with. So let us give our youth the opportunity NOW to build resilience and skills to deal with uncomfortable situations.

Some of you may say, "I don't want to get into it with my kid. I don't want to start something; he/she is so moody". The moody behavior will be there whether you are kind and sweet and loving or if you instruct, teach and discipline. Some of that is out of your control (hormones, brain development). In the long run, when your teen hits the adult world, he/she will thank you for the teachable moments.

Keep positive, keep teaching and give yourself credit...you are doing a good job! It is NOT easy raising teenagers!!

Aloha...Ms. Chong