

Confident and Motivated

July 2009

Communication breakdown

Some people will remember those two words from the song by Led Zeppelin, released in 1969. 40 years later, despite all the innovations in communication, **breakdowns** remain a huge source of stress on family relationships. I've had more than the usual number of calls lately from parents who are painfully experiencing a **communication breakdown** with their teens.



I believe it's far easier to have good relationships if you focus on what's right about a person as opposed to what's wrong with them. The Confident Girls and Guys school workshops are based on placing the focus on the positive and kids/teens are making it happen because it's simple and doable!

For many of us in adulthood, the world has gotten to us (but not in a good way) making it that much harder to develop the habit of keeping a spotlight on the positive of anything. In this post, you'll find 10 ideas to help you focus and bridge a communication breakdown.

One or all may be helpful in your situation but there is no doubt everyone will gain from #10.

1. Look for any opening (one of their weak moments) so you can jump in to let your child know you're there to support and help them.
2. Write a short note every day telling your child how much you love them. Write it in the steam on the bathroom mirror, write on the fridge, cereal box, put a post-it on their



bedroom door, use the lawn mower to write it in the tall grass.....send a carrier pigeon, sky writing, message in a bottle.... text your teen or tweet to tell the world or just pick up the phone. Keep telling them each day how much you love them. Use their name on your Facebook status like so: "*I am the luckiest mom/dad alive because _____ is my daughter/son!*"



Now that's impact! If you're not sure how great the impact, try to imagine how you would have felt as a teen reading a similar message written by your parents!

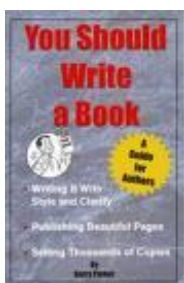
3. Offer to take a weekend trip (something fun like white-water rafting?) with them even though you're certain they'll say no. Add humour and tell them you'll keep asking until they say yes because **they are the only person** you want to be with on the trip. There is nothing like a wee bit of guilt and pressure!
4. Have a relative write a card telling your child how much they like them and what they admire in them and snail mail it. It will be an unexpected surprise! It's the little things that you (and your family helpers) do each day that will eventually get a positive result so don't stop.
5. As matter-of-factly as you can, bring up great memories from their past. The idea is to **help them focus** on what's right about the family life instead of what's wrong with it.
6. If your child doesn't like to talk but would prefer to write, purchase a "**pillow**" journal (my term) to write thoughts in and pass it from your pillow to theirs and back again.
7. Follow the 24 hour rule...if you have had a blow-out and you've just thought of something else to say after the fact, try to hold your tongue for 24 hours before speaking and teach your kids to do the same. You'll discover that it's better to have your heart rule your tongue than your temper. If you're having a tough time, literally **apply a band-aid to your mouth**. I've done it and my daughter very much appreciated my sense of humour and the effort I made to keep my mouth shut.



8. Have a surprise dinner partyfor your teen! It doesn't have to be their birthday because you can create any reason to celebrate anything about them....
 - ...because you're you!
 - ...because you continually try hard.
 - ...because you made it through a tough year.
 - ...because we love you more than you can imagine!
 Invite friends, relatives or both. Imagine the positive impact, the pride and the memory it would create.
9. Bring home a frothy, calorie-filled cappuccino from Tim's, write their name on it and try to get them to sit on the deck to enjoy your drinks together.
10. Don't give in by not talking to your child and never give up trying.



Every little thing you do will make a difference. We are trying to chip through the armour that has built up over time so it will take time to get through it. Keep trying because this is just a bump in the road for both you and your child. You'll be smiling at each other before you know it!



"I am a parent at St. Anne's School in Kanata and attended your workshop. Afterwards many of us were wishing we could attend all your other workshops as well. We were thinking you should write a book so your ideas would be more readily available. Of course I understand that would take a lot of time and effort but I'm sure it would be really well received. I especially noted what you said about how many people try to fix what is wrong with a child but you focus on what is right and celebrate that. That message is not sent out nearly often enough and it is not a subject of very many parenting books. Thank you for your important message"
Trish MacMillan

"Just wanted to let you know again how much we enjoyed your parent workshop last Thur. We had our council meeting tonight - where the positive feedback continued by those who attended. We would love to have you present "Creative Consequences" at our school next year and wondered if you are planning a trip back to Ottawa?"

Fiona Reid
Parent Council, St. Anne Ottawa

"Your story in the June newsletter about the bean plant made some things very clear to me. Thanks."
Cathy Hickey- Uxbridge

Are you thinking of changing some house rules?

Need to do more homework?
 Less TV?
 Less time on video games?



Go to bed earlier?
 More help around the house?
 Get up earlier for school?

If you want rule changing to go smoothly, do what all the large successful corporations do; give **lotsa** notice! Tell your kids **today about changes that will take place in** September. Most kids live more in the present than adults so they will barely consider any event occurring 2 months from now.

The result?

They'll likely say, "whatever" or "Yeah, OK." Now you have planted the seed. Record the new rule and date on a large post-it which you quietly "post" to the fridge. Now carry on with summer life.

I'll write about your next strategic move in next month's newsletter. No worries....this really works!!

Monique's 4th Annual Train the Trainer

This certificate training gives you all the top methods to motivate, inspire and engage youth.

Learn how to understand youth self-esteem and get fresh tools to enhance it. Participants will take back to the office (and home) all the top strategies for engaging, inspiring and motivating youth. Tried and true on thousands of kids in schools each year!

Training Benefits:

1. Understand why anyone with low self-esteem usually **cannot act beyond** who **they think** they are.
2. Learn armloads of fresh **new tools, techniques and strategies**.
3. Discover original and **current approaches** to engage and reach youth.
4. Learn innovative methods for **integrating the self-esteem principles** into any difficult personality or situation.
5. **Interactive!** If you have ever experienced any of my workshops, you will already know how interesting and inspiring training will be. You will not be bored!
6. Gain great knowledge of the **all-important role self-esteem** plays in every successful life.
7. Become a better you at work and at home by applying your new knowledge to both your professional and personal life.
8. **There are no substitutes for my kind of training.**

Training date: Saturday, Sept 19, 2009 (9:00 - 4:00)

Location: Durham College/UOIT Campus
(35 minutes east of downtown Toronto, Ontario, Canada)

Includes:

A comprehensive resource manual and training certificate.
The interactive, fun is included!



To Register:

Please click [here](#) to download the registration form.
Pay with Visa/MC, cheque or money order. Or check out
http://www.confidentgirlsguys.com/060~Train_the_Trainer/

Early bird price until July 30, 2009

Ultimate Confidence workshop for teen girls age 13-16



Uxbridge
Starting this Monday June 29
90 minutes each time. Sleep in. We start at 1:00-2:30.

Fun
Empowering
Life changing!

To register call the Uxbridge Youth Centre: 905 862 3456



Have a wonderful July!

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