

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Ten Ways To Become Your Teenager's Best Friend

By V. Michael Santoro, M. Ed.

Ten Ways To Become Your Teenager's Best Friend

by: **V. Michael Santoro, M. Ed.**

Best friends! It may seem impossible to believe, but today's teens do want to consider their parents as friends, even though they think we could never understand the realities of their world. They are also interested in what it was like being a teenager during the Stone Age. Life without cell phones or the Internet must have been unimaginable!

So even with this interest, can parents and teens really become best friends when competing with busy schedules, and raging hormones? The answer is a resounding YES...and it is worth the effort!

What is important to understand is that both of you have to want the new relationship on a long-term basis. You cannot appear to be going through the motions, or acting like you are fitting this new relationship into your busy schedules.

As a father, I knew I was a good provider. I put food on the table, a roof over my teen's head, and helped fund those great sales that saved me so much money.

As important as the father role is, it was improving the "Dad" role that allowed me to develop a lasting relationship with my daughter. This also helped me with my two stepsons. Essentially, I modified the communication and problem-solving skills that I successfully used at work to improve my relationship with my teens.

The following are the ten ways that will help you to become one of your teenager's best friends:

1. Define what trust meant to each of you. Agree that there will be no games or hidden agendas—just honesty—to build the trust.
2. Agree that mutual trust is earned by exhibiting consistent behavior. The amount of trust that you develop will be proportionate to the amount of freedom that they will enjoy.

Ten Ways To Become Your Teenager's Best Friend

3. Anything that is discussed with you must be kept in the strictest of confidence. This will help reinforce the trust.
4. Talk to them as adults while remembering that they are still kids. This allows for flexibility during those trying adolescent years.
5. Become an attentive listener. Multitasking may be necessary at work, however it will make you appear distracted when discussing something important with your teenager. Learn to focus.
6. Ask the right questions without appearing to interrogate them. It is important that they not fear coming to you to discuss what is important to them. It is equally important that they feel that you will take the time to understand what they are trying to communicate.
7. Do not judge them for their actions or ever say, "I told you so! This helps in having them continue to come to you to discuss topics, and encourages them to do things better the next time.
8. When helping them with problem solving, discuss the desired outcomes first, and what they need to do to resolve their problem. Then allow them to proactively make their own decisions based upon the facts rather than reacting to their emotions.
9. Set guidelines instead of making rules for them to follow. They should have input into the guidelines, and then be expected to follow them. They will perceive this as fair and in their best interests.
10. "Hang out" together as oppose to just spending time together. Remember that there is a difference between motion and productivity, so make your time together interactive. For example, if you go to a movie, then go for an ice cream and discuss the movie. Or play some "one on one" games or sports. Do what best friends do!

If you want to be a better parent, don't forget the child within you. All too often, we get so wrapped up in being an adult that we forget how to have fun and enjoy life. I found that by using my imagination, I rekindled my creativity, and this made me an "okay guy" for my teenagers to hang out with.

V. Michael Santoro, M. Ed. coauthored, "Realizing the Power of Love," with his teenage daughter Jennifer S. Santoro. For more information, a free e-zine and more free articles, visit their Web site at

Be Your Own Best Friend

By Sibyl McLendon

What does being a "best friend" mean to you? I imagine that just about everyone is or has been a best friend to someone in their lives. I encourage you to take some time and examine what being someone's best friend really means.

Usually, a best friend is supportive of you when you need it. If they disagree with something that you

Ten Ways To Become Your Teenager's Best Friend

are doing, they are honest about it without being judgmental with you. And, they can still be supportive of you even when they are not sure that you are right.

A best friend loves you no matter what. They are accepting of what you look like. They understand your limitations, but love you anyway. If you fail at something they are there for you, to help you pick up the pieces and try again.

A best friend never talks badly about you. They only want the best for you!

You certainly are deserving of all of this in your life.

Why not try being your own best friend? Treat yourself as well as you would treat your best friend. You would not talk badly about your best friend, so don't talk badly about or to yourself. Would you force your best friend to do something that they did not want to do? Then don't force yourself. Would you want your best friend to be in a loving, respectful relationship? Then find that for yourself. Be just as loving and kind and good to yourself as you would be to someone else that you loved.

Try sitting down and making a list of the qualities that a best friend has. Then work on applying these qualities to yourself, for yourself.

Learn to hold your own hand and be the most supportive person in your life. When you learn to be your best friend, then everything changes for the better. You are not dependant on others for your self-esteem. You are not always looking outside of yourself for your own happiness and success. When you learn to respect yourself, you also learn that you deserve only the best that life has to offer. Then, you go out and get it!

Sibyl McLendon is a personal spiritual coach for Circle Of Grace

. Circle Of

Grace is a unique blending of Native American spirituality and holistic wellness coaching, and has loads of free stuff for you personal growth. Sibyl is 1/2 Navajo, and lives in southwestern part of the U.S.

Related Content:

Be Your Own Best Friend

Do You Really Need a Friend Quiz To Tell If Someone Is Your Friend?

Monitoring Your Teens for Drug Use Without Appearing to be Spying

Getting Help For A Friend Who Struggles With Fear And Anxiety

How to Solve Disputes with the Helicopter Talk Technique

Read more Content at

Related Products:

Ten Ways To Become Your Teenager's Best Friend

147 Killer Epublishing Strategies
Hitting the Search Engines
Money Saving ideas
Success Secrets
Ebook Authors Interviewed

: A genuine resource center for Quality Ebooks and Softwares

improve your life and find your happiness. Only 9.95Seven ways to improve your life and find your happiness.



This Free E-Book has been brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!