

## Not Seeing Your Issue?

### Age 13 Summary

#### Why Not Seeing Your Issue?

As you address any issues, you build the foundation for your child's/teen's development.



#### Get Your Child/Teen Thinking by Getting Their Input

Some examples of getting input from your child/teen are:

- *What outcome are you hoping for?*
- *Tell me more about what's going on.*
- *How do you see your role in this situation?*
- *In what ways can I support you?*
- *It seems like something happened that upset you. Tell me a little bit about what happened.*
- *What are some of the feelings you notice?*
- *You seem quieter than usual today. Is there anything on your mind you'd like to discuss?*
- *What made today stand out for you? What was the highlight?*
- *If you could change one thing about today, what would it be?*
- *What's currently getting you excited about school?*
- *Is there something troubling you that you'd like to talk about?*
- *What strategies might help with sadness when it arises?*
- *How could we work together to improve the situation?*
- *How do you think your friends might handle a scenario like this?*
- *What would you say if you had the opportunity to talk with [person]?*
- *What might happen if you did not make a change?*
- *In your opinion, what steps could we take to address this issue?*
- *Is there a skill you wish you were better at?*

- *Can you share something new you've learned recently?*
- *Tell me more about [specific topic].*
- *Which tasks could you easily accomplish?*
- *Which tasks do you think are harder?*
- *What are some similar tasks or challenges you've faced previously?*
- *How can I best help you?*
- *How do you imagine you'll feel once it's completed?*
- *Tell me more about what's going on with your friends.*
- *How do you see your role in this situation?*
- *In what ways can I support you?*
- *You feel like you're stuck in the middle between two people you care about a lot. That can be hard.*
- *How do you show up for each of these friends?*
- *It seems like there is no clear path forward to figuring this out. What are some ideas you have?*



Here are some ways that you can teach new skills to your child/teen:

- *How did you get through something like this before?*
- *If I were your friend, what advice would you give me?*
- *Let's talk about some of the ways you can do this.*
- *It sounds like you're going through a lot. Would you like me to just listen, or would you like us to brainstorm some ideas together on how you can solve the problem?*
- *Would you be open to me sharing a few ideas I have about this?*
- *Let's pretend I am your friend. Practice telling me how you are feeling.*
- *Let's brainstorm a few different ways of solving this.*
- *It's normal to feel overwhelmed when trying something new. Let's break it down into smaller steps and do it together.*
- *You've overcome difficult things before. How did you do it?*
- *I am going to tell you this in a couple of different ways: tell me which one feels better and why.*
- *Let's slow this down. I will show you the first part, and then you try the second part.*

- *I can see us both getting upset about this. Let's pause and take a few deep breaths together.*
- *I can tell that this is important to you. It is hard for me to see the other side when something is that important. What do you think the other person might be feeling or thinking if we step back?*
- *It's easy to get overwhelmed when it feels so big. What do you think the first step is in this assignment?*
- *Let's talk about some of the ways you can complete this assignment.*
- *When was the last time you faced something really tough? How did you get through it?*
- *If I were your friend struggling with a school assignment, what advice would you give me?*
- *It feels like I don't understand what you are going through. What do you wish I understood better?*



### Practice to Grow Skills and Develop Habits

Here are some examples of ways you can practice with your child/teen:

- *It's your turn. Let me see how you do it.*
- *Let's take turns practicing this.*
- *I am so impressed with how hard you are trying. It shows how important this is to you.*
- *What are some things we have practiced before that are like this issue?*
- *What are some fun ways we can practice doing this together?*
- *What might it look like tomorrow when you try this?*
- *What are some ways in which you could practice this by yourself?*
- *Let's focus on the frustrating school assignment as we practice to grow our youth's skills and habits.*
- *What are some things that you are good at that you can use in this situation?*
- *Let's pretend you see me getting frustrated about something I need to do at work that I'm not very confident about. What would you say to me?*
- *What are some things you can do the next time this happens?*
- *I know things can feel frustrating when you first start.*
- *I will hang in there with you while you get through the challenging part.*
- *You can learn anything with time, practice, and hard work.*
- *You can meet or overcome any challenge with time, practice, and hard work.*

- Remember when you did it even when you thought you couldn't?



## Support Your Child's/Teen's Development and Success

Here are some examples of how you can support your child's/teen's development and success:

- *I'm here to help!*
- *It is amazing to see how you are sticking with this, even though it is tough.*
- *How did it feel to complete that project?*
- *What did you think you did well?*
- *What would you do differently next time?*
- *What motivates you to give this your best effort?*
- *How did that go differently this time than before when it didn't work out either?*
- *One of your best qualities is \_\_\_\_\_. That will come in handy with this project.*
- *I know this is a challenging space for you, but I have seen you overcome challenges before and come out on top.*



## Recognize Efforts

- Recognize small steps along the way. Don't wait for significant accomplishments—like the whole bedtime routine going smoothly—to recognize effort. Remember that your recognition can work as a tool to promote more positive behaviors. Find small ways your child/teen makes an effort and let them know you see them.
- Build celebrations into your routine. For example, after you've completed your bedtime routine, snuggle and read before bed. Or, in the morning, before you leave for work, take a few minutes to listen to music together.

**Trap:** It can be easy to resort to bribes when recognition and occasional rewards are underutilized. If parents or those in a parenting role frequently resort to bribes, it is likely time to revisit the five-step process.

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