

**Thought for  
the day**

**There is no great  
achievement that is not  
the result of patient  
working and waiting. --  
Josiah Holland**



**Killarney School**

**Boissevain School**

**Minto School**

**Mayfair Colony School**

**Wellwood Colony School**

**Holmfield Colony School**

**Can Am Colony School**

**Turtle Mountain Adult  
Education Centre**



**TURTLE MOUNTAIN SCHOOL DIVISION**



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**Parenting  
Teens**

The journey is  
the reward. -  
**Chinese  
Proverb**



# Mindful Parenting

Nothing fancy, just 10 simple, time-honored, effective principles that get emotions out of the picture and thinking, reasonable brain into it.

## 1. The Peace Pilgrim

Not too strict or too lenient. Use problem solving and negotiation to give everyone input and responsibility. Identify the problem, brainstorm solutions, write down who agrees to do what, try, evaluate, redesign as needed.

## 2. A Time To Speak

Let emotional tension cool down before communicating. Listen more than you speak. Be brief and be gone.

## 3. United We Stand

Both parents are on the same page and support each other. (Stops manipulation and pitting parents against each other so the teen does what he or she pleases.)



## 4. Plan Ahead

Know which issues matter, don't matter, are non-negotiable. Discuss them and your expectations—and have preset consequences.

## 5. I'll Think About It

Four little words to tone down the "have to have an answer right away" mode

## 6. Eyes Wide Shut

Homes become combat zones when parents get on the teen for everything. Ignore minor misbehavior.



## 7. Don't Beat A Dead Horse

If the teen has already paid handsomely by a natural consequence or by someone else's input (police, teacher, coach), ask yourself, "Is another consequence needed or am I just ticked and out for vengeance?"

## 8. Roving Eye

Ignore "you don't trust me" protests. Monitoring is a parent's job. Expect flak. Don't take it to heart.

## 9. Network

To know what's going on in your teen's world, step into it. Go to events. Talk to other parents.



## 10. Eyes Light Up

When your teen walks through your door, do you bark or smile? Let your eyes fill with light and your words be loving and courteous. Let issues wait a moment.

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The future is in our hands.