

Christian teens-Parent Relationship

<http://christianteens.about.com/od/advice/a/GetAlongParents.htm>

How Christian Teens Can Get Along with Mom and Dad

Developing a Godly Relationship with Your Parents

By Kelli Mahoney, About.com Guide

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One of the biggest challenges for Christian teens is their relationship with their parents. Mom and Dad have one idea about how you are supposed to act and follow the rules, but you want to grow up and start making your own decisions. Many Christian teens find that they want to follow the commandment to "honor thy father and mother," but the actual practice is more difficult and complicated. So, what are some things you can do to develop a Godly relationship with your parents?

Spend Time Together

Many Christian teens groan when it comes to spending time with their parents, because they just don't feel that their parents understand them very well. Maybe it is time for you to plan family night. Try cooking your parents dinner or picking out a game for the entire family to play. You may even want to create a night when you all pray or do a devotional together. While you don't have to spend all your time with your parents, spending some time with them allows you to get to know one another better.

Talk to Your Mom and Dad

Another difficulty for Christian teens is opening up to their parents about what is going on in their lives. Yet, when you talk to your parents about some of the things that are going on in your life it allows them to see how you are growing up and becoming more responsible. It also helps them feel more connected to you because they feel involved.

Show You Care

Showing affection is not easy for every family. Some Christian teens grow up in households where everyone is hugging and kissing or telling each other, "I love you," while others are not very "touchy-feely." However, you can show you care about your mom and dad in your own way by at least being polite, caring, and thoughtful.

Be Fair

When you are trying to get along with your mom and dad it can be hard for you to keep your cool when you aren't getting your way. Sometimes the best way to get along with your parents is to make compromises. Try to put yourself in your parents' shoes. Then come up with a solution that will fit what your parents need from you and what you need.

Keep Your Cool

Many Christian teens end up having "temper tantrums" when they try to have a conversation with their parents. Arguments usually come from a lack of understanding. Next time you talk to your parents, try to ask

them questions to understand where they are coming from and remember to share what you are thinking so they can understand you.

Take Your Disappointments Elsewhere

Frustration with your parents is normal. One great outlet Christian teens have is prayer. God is always willing to listen. You can pray for a better relationship with your parents or for God to place an understanding on their hearts. You can also journal or express your frustration to friends, leaders, and pastors. Sometimes those close to you can help you brainstorm ways to develop a Godly relationship with your parents.

Remember...They are the Parents

No matter how responsible and grown up you think you are, your parents are still the heads of your household. They are your authority. Even if you don't agree with their rules the Bible still says you are to follow those rules. Whether you look at Romans where the Bible focuses on following authority or just Exodus 20:12 where God commands us to honor our parents, your parents' rules still stand.

Suggested Reading

- Bible Verses for Getting Along with Parents
- Great Gifts for Mom
- 7 Ways to Be an Effective Parent

Want to know what the Bible says about getting along with your parents? Here are some Bible verses that help you know more about what God expects from Christian teens and their parents:

VERSES about the relations between children and parents

Exodus 20:12 - "Honor your father and your mother so that you may live long in the land the Lord your God is giving you." (NIV)

Exodus 21:15 - "Anyone who attacks his father or his mother must be put to death."(NIV)

Proverbs 1:8 - "Listen, my son, to your father's instruction and do not forsake your mother's teaching."(NIV)

Proverbs 10:1 - "The proverbs of Solomon: A wise son brings joy to his father, but a foolish son grief to his mother."(NIV)

Proverbs 23:25 - "May your father and mother be glad; may she who gave you birth rejoice!"(NIV)

Proverbs 31:26-31 - "She speaks with wisdom, and faithful instruction is on her tongue. She watches over the affairs of her household and does not eat the bread of idleness. Her children arise and call her blessed; her husband also, and he praises her: "Many women do noble things, but you surpass them all." Charm is deceptive, and beauty is fleeting; but a woman who fears the LORD is to be praised. Give her the reward she has earned, and let her works bring her praise at the city gate."(NIV)

Psalms 103:13 - "As a father has compassion on his children, so the LORD has compassion on those who fear him;"(NIV)

Proverbs 3:11-12 - "My son, do not despise the LORD's discipline and do not resent his rebuke, because the LORD disciplines those he loves, as a father [a] the son he delights in.(NIV)

Proverbs 23:24 - "The father of a righteous man has great joy; he who has a wise son delights in him."(NIV)

Colossians 3:21 - "Fathers, do not embitter your children, or they will become discouraged."(NIV)

Parent-Teen Relationships

<http://life.familyeducation.com/parenting/teen/42917.html>

Mothers and daughters

Mothers and sons

Teenage sons

Fathers and sons

Fathers and daughters

Mothers and Daughters: Fire Meets Fire

Without a doubt this is the most intense of all relationships, sparks alternately flying around and threatening to blaze the surroundings and then coming to rest in the intimate warmth of a glowing campfire. Until adolescence, the mother-daughter relationship is one of general warmth and closeness. Sure, there are the occasional blow-ups, but most resolve themselves with heartfelt apologies from both sides, and lots of hugs. In the younger years, daughters freely profess their love and admiration of their mothers. When I grow up I want to be like you, Mommy. We can always work things out because we listen to each other, right?

But during adolescence, when the teenage daughter is faced with the task of differentiating herself, the mother-daughter relationship becomes one of alternating intimacy and hate, both marked with an intensity that only teenagers can bring to a relationship and bring out of their parents.

My daughter and I are either best friends or worst enemies. There is no in-between. Sometimes she confides in me as an ally. Sometimes she wants to hang out with me—well, mostly when I offer to take her shopping. Sometimes we even discuss her future in civilized and intimate ways. But at other times, we can't even be in the same room without insulting each other—yes, I admit it, sometimes I'm just as bad as she is, maybe even worse. The worst part is that everything can be fine between us when I make some tiny suggestion to her—Why don't you do your homework now? Your other shoes would look better with those pants—that sets her off. She accuses me of trying to control her when I make these innocuous suggestions. But at other times she seeks me out for a wardrobe consultation and hangs on my every word. It's nutty.

Teenage girls want both their freedom from and their connection to their moms, but they are just not sure how to navigate the terrain and as a result give lots of mixed messages. When teenage daughters are exercising their autonomy in their attempts to construct a differentiated self, they push their moms away. Author John Gray believes that because girls overcomplied with their mothers during childhood, there is a certain rebound effect away from their mothers in adolescence: "To develop a sense of self, adolescent girls feel a greater need

to fight, defy, or rebel against their mother's control." But given the female inclination towards relationships and connection, moms are not going to take these pushes passively. Just when their daughters need independence, their moms need connection. This is the old Mars-Venus dynamic at play, but instead of the males needing space and the females pursuing, the daughters are pushing away and the moms are pursuing.

On the other hand, when daughters are looking for connection, they typically turn to their mothers. When the mom is available, these are some of the most treasured and intimate moments between mothers and daughters; they just don't last all that long.

There is one additional variable that is too huge to overlook here which, when in place, plays havoc with the mother-daughter relationship during adolescence: The Two M's, Menstruation and Menopause. During a teenage girl's adolescence, marked by her beginning to menstruate, many moms are going through their own set of physical and hormonal changes in the form of menopause. At the very least, these two sets of hormones and physical changes happening in the same relative time frame in the same home is a recipe for interpersonal inconsistency and strife, to put it mildly.

It seemed that there was only a week or two between when I experienced my first hot flashes and my daughter had her first period. And for me, menopause was the whole deal: hot flashes, irritability, mood swings, even the ringing in the ears (tinnitus). With my daughter going through all her mood swings and physical changes from menstruation, we were like two alley cats trapped in a tight space. Talk about a cruel joke by Mother Nature! It wasn't until later in her adolescence that we connected in any consistent way—it was that big of a deal for us.

The dangerous dynamic here is that mothers, in their attempts to keep the relationship alive and healthy, might smother their daughters. Mothers have to learn to stay close while also giving their daughters the space in which to claim their independence. If your parents bought into the prevailing gender stereotypes of their day, the danger is that as a teenage daughter you were never able to declare your autonomy while staying connected to your mom. That is, you either had to stage an outright revolt, possibly even running away from home, or you had to sacrifice yourself for your mother's lack of ability to differentiate herself from you. If either of these dynamics applies to you, you need to appreciate the power of your past to make sure you don't do the same with your daughter, or, in an attempt to correct the misdeeds of your mother, the opposite.

Fathers and Sons: Rock Meets Rock

On the outside, this relationship often presents itself as the most peaceful, but is that because of a mutual respect or an accepted disconnect? Fathers and sons intuitively understand the need for independence and identity through a respect of the basic rights of individuals. For sons, this respect is created through accomplishment in a chosen area: academics, social, sports, drama, church. And fathers allow them the space for this and offer their support, too. But seldom is this support addressed directly. The quintessential father-son relationship is played out side by side, engaged in activity. And what is not said is often as important as what is.

"So you really think you're ready for a full-time job this summer?"

"Yeah. Otherwise, I'll just sit around all day, which is boring. Besides, I could use the money."

"What kind of work you thinking of?"

"Doesn't matter. Maybe something physical that will keep me in shape for football when school starts."

"Don't suppose you would want to work in my office? I could talk to my boss."

"Nah. Would hate being indoors all summer. Thanks anyway."

"We could talk to your Uncle Stan, he's the foreman of a construction crew downtown. If he's hiring summer help, I'm sure he would consider you."

"Cool."

"We can call him when we get home if you like."

"Thanks, Dad."

A great deal about the father-son relationship is implicit, especially during adolescence. The danger here, though, is that boys miss out on their dads just when they need them, when they struggle with what it is to be male. That is, out of respect for independence, fathers can erroneously give their sons too much room. And like mothers with daughters, fathers must examine the gender biases of their own childhoods. Which assumptions and biases are you prepped to pass on to your son? The point is that if you want to pass on a different and more liberating set of gender expectations, you need to take an active role in making it happen, otherwise it'll never occur.

My father was the classic male of his day. He worked sixty hours a week so that my mom didn't have to work, even though we barely ever saw him. And when he was home, he stayed to himself, and definitely never opened up to us. Although I love my dad, I vowed to be different with my kids, especially my son. Even though it's difficult, I go out of my way to talk about my emotions with him, something my dad never did with me. It's awkward for both my son and me, but it's getting better. I just want him to realize that being male doesn't mean not having feelings.

Fathers and Daughters: Rock Meets Fire

In all parent-child relationships, the level of engagement and trust, at least as reported by children and teenagers, diminishes by about the same amount across the board when children become teenagers, except, that is, for fathers and daughters. This relationship experiences a greater drop in closeness than all the others.

Stop and consider the players involved and this only makes sense. Fathers are most at home with the dynamics of independence, autonomy, and justice, which means these are the filters through which they interpret most behavior. Thus, when their teenage daughters push them away—as they need to do to assert their autonomy—they take this literally and personally, which leads them to back off. (Consider this in juxtaposition to mothers, who, when pushed away by their daughters, refuse to go and instead only push back harder—thus the intensity and volatility of that relationship, but also the connection.) Fathers, through their orientation towards accomplishment and independence, believe they are giving their daughters the space that they are demanding. Their daughters, however, feel that their fathers abandon them when they need them most.

The differences between the genders hit me in the face the other night. Jessica, my fifteen-year-old daughter, was upset and on the verge of tears about something. Whatever it was, she was so stressed that when I asked her if she was okay she said no. Then she proceeded to tell me why, or at least a thumbnail version. "I found out that Chelsea and Monique are going to a party tomorrow night that they told me they weren't going to. They're ditching me!" I couldn't follow much of what came next, but I got the gist of the situation.

"Well, it sounds like they're not really your friends."

"Dad! We've been best friends since, like, the third grade. How can you say that?"

Rather than defend what had just gotten me in trouble with Jess, I tried a new tack. "Any chance it's just a misunderstanding? Are you sure they are leaving you out?"

"Of course I'm sure. They lied to me."

"Maybe you can call them and tell them what you've heard—maybe they have an explanation. I'm sure there's some sort of explanation."

"Dad, you're impossible. Don't you get it? They're ditching me."

Next thing I knew she was closing the door to her room, which she had just entered, leaving me in the hall by myself and scratching my head. That's when my wife came by. "Everything okay with Jess?"

"Not really. She thinks her friends ditched her and I think I only made things worse."

"Hmm, mind if I have a try?"

"Be my guest, but don't get your hopes up."

Thirty minutes later, Jess and my wife came downstairs with their arms around each other's shoulders. Jess's eyes were red from tears, but she had a gentle smile on her face. "Everything okay, you two?"

My wife replied, "Sure, we're just going to make a couple of fruit smoothies; want one?"

"C'mon, Dad, we make them better than you can get at the store. Right, Mom?"

Later that night, when I was alone with my wife, I asked her what had happened. What had she said to get Jess to open up and to snap out of her angry depression? She just smiled and said, "Not much really, I just said that she must feel awful given what her friends had done. At that she just broke into tears and hugged me the way she did when she was a little kid. Honest, I didn't say much. After that, all I did was reassure her that she would be fine, no matter what Chelsea and Monique did."

With her connection to her friends in jeopardy, what Jessica needed was to reconnect with her parents. Her mom offered that reconnection by acknowledging the suffering and opening the doors for an emotional connection. Her dad had unintentionally closed the door on that reconnection by focusing on problem solving and fairness without ever touching upon the underlying emotions.

On top of all this, there is one more issue that fathers seldom confront directly: their daughters' emerging sexuality. As their daughters grow into young women, something that no father can miss, most dads aren't sure what to do, so most take the safe way out and step back, giving their daughters even more room. That is, the hugging, hand-holding, and general touching that typifies many father-daughter relationships before puberty are now punctuated by a distinct lack of physical contact. Worse, in retrospect at least, many fathers realize that one of the primary ways they connected with their daughters before puberty was through physical play and spontaneous physical gestures of affection. But suddenly, all the connection that occurred through physical contact disappears, which is something that is alternatively confusing and liberating to their daughters. They see their fathers withdraw from them without understanding why. And for someone driven by relationships (females), this development is tough to reconcile.

It was so strange after I hit puberty. I was totally uncomfortable with my body and the fact that I was all of a sudden having a period every month and that my boobs were growing out of control; all this made me neurotic about myself. And my dad didn't help. It's like he just removed himself from me. He kept himself at a distance, as if I had cooties or something. I hated it and hated him for how he was treating me.

But on the other hand:

Ever since I reached puberty, I can't stand it when my dad wants to hug me or put his arm around me. It's just too weird. And whenever I bristle if he reaches out to me like I'm some little kid, he gets that hurt puppy dog look on his face, which only makes everything worse!

The big hurdle for fathers to get over is to learn how to make an emotional connection not heavily dependent on physical contact. Or as John Gray says: "To bond with his daughter, a father needs to put in time asking informed questions and to practice listening without always offering advice."

<http://www.articlesbase.com/relationships-articles/relationship-advice-for-teens-how-to-manage-your-parents-for-teens-parents-780573.html>

Love them or hate them, they are still your parents. When you are young, you love them to be around and to be pampered by them. When you become a teen, you want to be independent and free from their meddling. Here is a relationship advice for teens on how to manage your parents.

Parents will always be parents. Parents love their children although some may not expressed it openly and parents will always be protective of their children. Parents see the world as a place with lots of harmful elements that can cause harm to their children. Adults, biologically have a more developed sense for fear where else teens has a less developed sense for fear and tend to do things without giving much thought about adverse outcome from the action.

Understanding the fear that your parents have would be a good start on how to manage your parents in relationship advice for teens. The keyword to free your parents from such fear is "responsibility." You need to demonstrate to your parents that you are a responsible person.

The first thing on responsibility is to discuss the important rules of the house as set by your parents. If the rules are not written, have one written. Discuss and negotiate on what and where the boundaries for the rules are. How well it is done will depend on your negotiation skills and how receptive your parents are.

Once the rules and boundaries have been set, responsibility means commitment to comply. Responsibility is not easy as there is sacrifice to be made just like your parents. They don't have the luxury to go on holidays as and when they like as they need to save for your education. This is one example of being a responsible parents who have make a commitment that they need to save for their children education and having to sacrifice a certain amount of luxuries in order to make sure they can fulfill their commitment.

Once you can show this kind of responsibility, you will gain the trust of your parents and you will likely be given more slacks for your activities. We are not talking about manipulation when we talk about managing. Manipulation is for a negative outcome while managing is for a positive outcome. Manipulation has a hidden agenda while managing has a known objective. Relationship advice for teens on how to manage your parents has a known objective in that you have the freedom do what you like within the boundaries of the rules.

As parents, relationship advice for teens is a good start for you to take note of the changes and that your children are now teenagers and will require different ways of handling them.

If you need more information or help, check out the relationship advice for teens