

Parenting With Intention:



Deb Schroeder



Thanks for tuning into my workshop. I am so glad you are here! Parenting during the teen years can be challenging, but I want you to know that there is joy too! Before you dive in, let me share a few tips about this workbook.

About the Workbook

- The workbook includes fill-in-the-blank sections. It might feel a little like a throw back to old school days. I know as a mom, my mind often races a hundred miles a minute. Sometimes, having an outline that requires me to follow along to fill in answers helps to keep me focused.
- You will notice, there is also space to take extra notes. You can take notes or not take notes. Do whatever engages you most.
- Speaking of being engaged, if you are like me, sometimes you might like to doodle while you listen. Fill that blank space, fill the edges with doodles of your own.
- The reflection questions are meant to help you think about what parenting looks like for you. Answer some of the questions, all of the questions, or none of the questions. These are meant as a starting point for you to reflect and grow. If you choose, you can also discuss these questions with your spouse.

A Note For You

I just want you to know that I see you! Whether you are in the teen years, are looking ahead to see what to expect, or are looking back at those years, please know that God is with you right where you are. My hope and prayer is that this workshop and workbook is a blessing to you and your family. If you are looking for more resources or encouragement from me, be sure to check out <https://jesusismyhashtag.com> and The Jesus Is My Hashtag Podcast.

And here's my best piece of advice that I can give you about your relationship with your teenager...

Keep showing up and keep caring!

♥ Deb

Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.

Colossians 3:23-24



What does this verse say to you? How can this verse help you to think intentionally about parenting your teenager?

For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

2 Timothy 1:7



As you read this verse, how does it make you feel? How can it help you as you parent your teenager?

Doodle here.



- Teens need to be _____.

Extra notes
go here.



- Teens need a balance of _____ and _____.

- Teens need _____.

You can doodle here too.



• Moms need _____.


• Moms need a _____ of _____.

• Moms need a _____ of _____.

• Moms need an _____.

Extra notes
go here.

A blue arrow pointing from the right towards the "Extra notes go here." text.



What do couples need?

- Couples need _____ communication.

- Couples need _____ as a _____.

- Couples need _____ defined _____.

- Couples need a _____ & _____ system.

Extra notes
go here.



6 Strategies For Intentional Parenting



- As a mom, pray for your own heart change before you pray for your teenager's heart change.
- Pray specifically for God to give you wisdom, strength, patience and empathy.

Extra notes
go here.



- As a mom, look for ways to genuinely, truthfully and intentionally praise your teen.
- When you praise your teen, you make an emotional connection and an investment in his or her identity and emotional health.





Intentional
LISTENING

- *Be intentional when you listen to hear what is said and what is left unsaid.*
- *A good practice is to listen more than you speak.*

*Extra notes
go here.*



Intentional
HUMBLENESS

- *As a mom, it is important to be humble and apologize to your teen when you make a mistake.*
- *Being humble allows you to model an attribute that your teen will need to develop to be successful throughout life.*





- *If we remove things, activities or even people from our teen's world, we need to offer healthy alternatives to fill that time and space.*
- *A great alternative is volunteering because it teaches what it means to love like Jesus.*

Extra notes
go here.



- *Engaging your teen in new experiences can grow excitement about spending time as a family.*
- *Allow your teen to help plan fun activities for your family gives them ownership and acknowledges you see them as more than a kid.*





Intentional Reflection

Who makes up your community of support? Who is in the trenches of parenting teens like you? Do you feel like you are missing someone in your community? If so who?

- In what ways do you make time as a couple to grow your relationship? How could you improve this time?*
- Of the 6 Strategies of Intentional Parenting, which ones are you doing well? Where do you need to or want to focus more?*
- How do you invite God to be a part of your parenting? Is there something you could do differently that would allow you to feel God's presence and direction more clearly?*





Intentional Reflection

- *How do you and your spouse co-parent? What things do you do well? What areas could you improve?*
- *What is one thing you will pray to God for this week as it relates to parenting?*
- *What is one thing you can do differently this week with your teen?*
- *What is one way you can practice intentional fun this week with your teen?*

