



The World Is Waiting For You...



PARENTING WITH PURPOSE

Introduction

Welcome to “PARENTING WITH PURPOSE”!

There is no single effort more radical in its potential for saving the world than a transformation of the way we raise our children.

Marianne Williamson

Hello parents and caregivers!

Before we get started, I would like to introduce myself. My name is Linda Johnstone and I am the founder of Changemaker Communities! I am also the single mother of 4 amazing “young adult” children. If I’m being honest, though, there were some “not so amazing” moments sprinkled into the growing up years, especially as teens and tweens.

I know I’m not alone when I say that being a parent is often a combination of incredible highs and sometimes unbelievable lows, and knowing how to handle both is what gets us through the tricky times.

A Message to Parents

*If you RESPECT me,
I will hear you.*

*If you LISTEN to me,
I will feel understood.*

*If you UNDERSTAND me,
I will feel appreciated.*

*If you APPRECIATE me,
I will know your support.*

*If you SUPPORT me
as I try new things,
I will become responsible.*

*When I am RESPONSIBLE,
I will grow to be independent.*

*In my INDEPENDENCE,
I will respect you
and love you all my life.*

Thank you, Your Teenager



So just a little more about me...I am a Certified Life Coach with specialized training in parent/ teen relationships. Oh, and I'm a commercial pilot in my spare time! The above poem called "A Message to Parents" is the foundation for everything I know about raising great, responsible, independent children and will also be the foundation for the program that you are about to dive into.

It might also help to give you a brief background on the poem, since I will be referring to it throughout the program. The poem was written by my friend and mentor, Diana Sterling, founder of the "Parent As Coach" approach to parenting teenagers. As you will see, it was a project very close to her heart.

The "Message To Parents" is the result of a research project conducted by Diana and was formulated to give struggling parents a direct message from their teenage children. It all began years ago, when Diana started having issues with her only child, a teenage boy. He started showing signs of the "typical" teenage behavior and Diana found herself challenged as a parent. She was having a hard time finding an appropriate response to his *inappropriate* actions.

This was very frustrating for her because at the time, she was working as a Certified Life Coach and thought she had an excellent understanding of family relationships. But her teenager threw her a curve ball, as teenagers often do!

To stop the downward progression of their relationship, Diana began to ramp up the life coaching techniques she was already casually using with her son.

To her delight, the techniques worked, and they worked extremely well! Their relationship was transformed and a brand-new specialty emerged for Diana. To take her practice to the next level, she started working exclusively with teens, and the poem that we will be using came directly out of that work.

Behind every young child who believes in himself
is a parent who believed first.

Mathew Jacobson

To formulate the “Message to Parents,” Diana put together a lengthy series of questions, asking teens what they needed from the adults in their lives. She then proceeded to contact hundreds of teens for their answers. The 7 most common answers became the “Requests” of the poem and the foundation for “Parenting With Purpose”.

Before you begin, I’d like to talk about your spouse/partner, if you have one. As I said earlier, I was a single mother, so I didn’t have anyone to support me, but I also didn’t have anyone to thwart my efforts either. Granted, there were times when I was glad I didn’t have to explain what I was doing to anyone - I just went ahead and did what I thought was best. Maybe your partner is your biggest supporter and wants the same outcome for your children as you do. Or maybe he or she couldn’t care less.

Either way, it is helpful if you are both on the same page with this, or at least agree to not sabotage the other’s efforts. You can successfully work through this program with just one parent as long as the other doesn’t ruin your progress. Keep the lines of communication open between the two of you and discuss any issues in private.

It is also up to you if you want to tell your children what you’re doing in advance. Some parents want their kids to know that they are trying a new style of parenting, while others just give it a go and see what happens!

To begin, simply click on “Request 1: Respect” and you’re on your way! Please allow time with each “Request” to let each step sink in and become part of your vocabulary and your thought process. Read the text for each unit and do your best to incorporate the “practice” suggestions in your daily interaction with your teen (or younger children, or even your spouse or in-laws or employer)!! It works with everyone.

The “requests” build on each other and are designed to be completed in order from 1 – 7, but if you are having issues with a specific phase in your relationship, consider revisiting a specific section and stay on one “request” for as long as it takes to see progress. And just a hint... if you are stuck anywhere within the program, go back to step one. That’s the best place to get unstuck!

Complete the program at your own pace and repeat it as often as necessary. Your relationships with just about everyone will improve exponentially!