

## LOCK DOWN WIZARD



PARENT OR A FRIEND

Who are you to your children?

CCI Special

The attention & environment you provide shapes your child's brain development for life

#13 ENGAGE <sup>Series</sup> The struggle of being a parent or a friend to the adolescent

children is a struggle every parent face.

A child in today's era wants a parent to effectively manage

dual role of a parent and a friend. That's easier said than

done. Many families today have communication gap with

their child due to the inability to build this dual role

effectively.

DB YaR Forum recommends you the following ways to help

build the strong bond of understanding and togetherness

with your child.

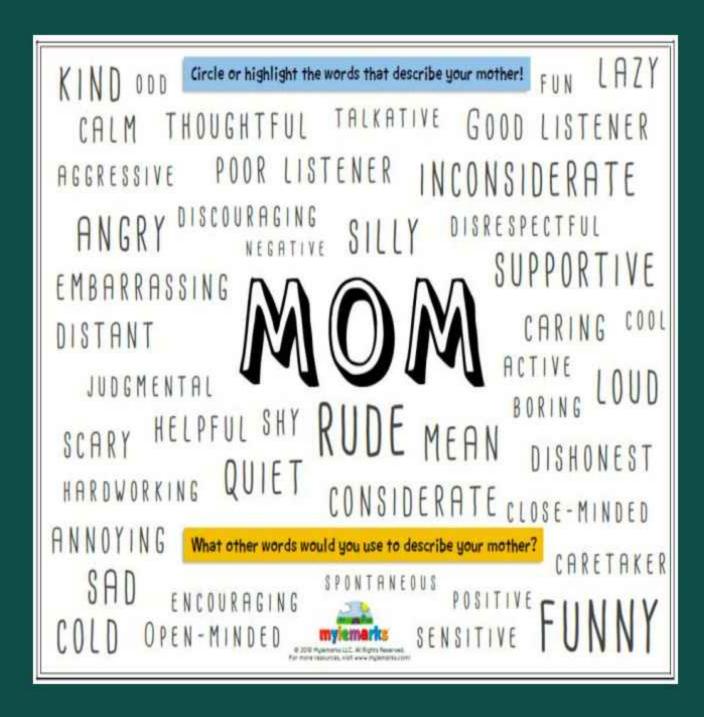
Note: - The following are basic tools. For severity of the

issues don't hesitate to consult an expert.

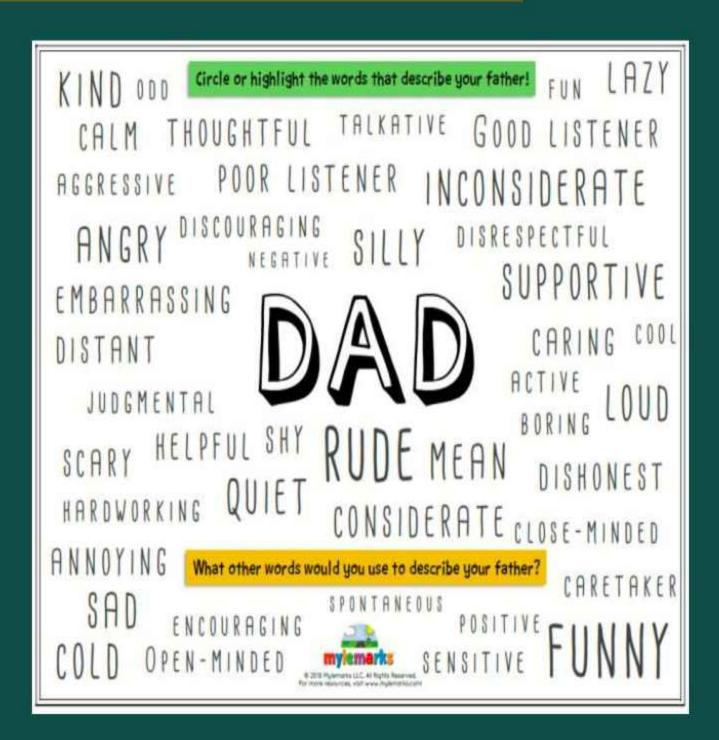
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To build a bond with your child, you first need to understand what the child feels/thinks about you.



Be little open-minded and try finding out why your child has marked a certain trait for you? Sometimes the problems lie in perceiving things wrongly.



Try finding out what your child likes/dislikes about you. Building a bond with your child is an evolving process.





## Complete each sentence as honestly as you can about your mother!

1.	My mom is very		
2.	When she's mad at me,		
3.	When I'm mad at her,		
4.	I wish she would		
5.	I wish she wouldn't		
6.	I wish I could tell her		
7.	She makes me sad when she		
8.	She makes me happy when she		
9.	I wish she was more		
10.	I wish she was less		
11.	People think she's	but she's really	
12.	She supports me by		
13.	Without her in my life I would		
14.	She's my biggest		
15.	I wish our relationship was		
16.	She doesn't know		
17.	I make her happy when I		
18.	I make her sad when I		
19.	My friends think my mom is		
20.	My mom thinks that I'm		

Sometimes writing down helps to express one's thoughts better than speaking about it.





## Complete each sentence as honestly as you can about your father!

1.	My dad is very
2.	When he's mad at me,
3.	When I'm mad at him,
4.	I wish he would
5.	I wish he wouldn't
6.	I wish I could tell him
7.	He makes me sad when he
8.	He makes me happy when he
9.	I wish he was more
10.	I wish he was less
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17.	I make him happy when I
18.	I make him sad when I
19.	My friends think my dad is
20.	My dad thinks that I'm

Take time to just sit and talk to each other about what makes your family different from others.

ALL AROUT	MY	FAMILY!
Members in my family that live with me:	UVU	
	- :	
	-	
V		
Things my family likes to do for fun:		
		<del></del>
My family is different from other families because	ause	
<del>2</del>		
What I really like about my family is		
Something I would change about my family is _		
My favorite memory of my family is when		
·		
My least favorite memory of my family is whe	n	
	175	=
my	emarks	
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Try finding out what makes it difficult to communicate with that "one" person in the family.

How We Communicate  Use this worksheet to explore how you communicate with a member of your family.									
	Fan	mily Memb	ber:						
Rate how well	you and	this pers	on comm	iunicate (	(1 - 10)				
1	2	3	4	5	6	7	8	9	10
Why did you ch	noose thi	is number	?						
What usually le	ads to ar	n argume	nt with t	his perso	on?				
What is someti	hing this	person d	loes that	makes it	t hard to	commun	icate wit	h them?	Care
What do you w	ish they	would do	differer	ntly in ho	w they c	ommunic	cate with	you? _	-
What can you	say to ge	et them to	o start co	ommunic	ating dif	ferently	with you	?	
What do you th	nink <i>you</i>	need to d	io differe	ently to i	mprove (	communi	cation?		
<u>u</u>				enyies	marks	served.			

Find out what actions of yours makes your child feel loved by you. You never know, it might surprise you.

Read be	low and place a check next to the statements that describe what you need in order to feel loved by others!
I fee	L Loved when
	Someone compliments the way I look or dress
	Someone says nice things about me to other people
	Someone tells me that they've been thinking about me
	Someone does something rice for me without me asking them to
	Someone surprises me with a gift that they know (ve been wanting
	_ Someone gives me a hug
	_ Someone praises me when I do a good Job
	Someone gives me a gift that they made themselves
	Someone wants to spend one-on-one time with me
	Someone says that they are thankful for all the things that I do
_	_ Someone remembers my birthday and other days that are important to me
_	Someone listens to me and cares about what I have to say
	Someone keeps their promise to me
	Someone tells me that they are proud of me
	Someone helps me get my tasks completed (chores, homework, etc.)
	_ Someone is honest with me
	Someone gives me a reward or prize whenever I do a good job
	Someone takes care of me loooks, cleans, etc.!
	Someone takes time to be with me, even when they might be busy
1	Someone gives me a pat on the back or high-five when they are proud of me
THE	THING THAT MAKES ME FEEL LOVED THE MOST IS WHEN SOMEONE





Everything and everyone is won by the sweetness of our words and works

- Don Bosco





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