

LOCKDOWN 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**
Series

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.

Circle or highlight the words that describe your mother!

KIND ODD FUN LAZY
CALM THOUGHTFUL TALKATIVE GOOD LISTENER
AGGRESSIVE POOR LISTENER INCONSIDERATE
ANGRY DISCOURAGING SILLY DISRESPECTFUL
EMBARRASSING SUPPORTIVE
DISTANT CARING COOL
JUDGMENTAL ACTIVE LOUD
SCARY HELPFUL SHY RUDE MEAN BORING
HARDWORKING QUIET DISHONEST
ANNOYING CONSIDERATE CLOSE-MINDED
SAD ENCOURAGING SPONTANEOUS CARETAKER
COLD OPEN-MINDED POSITIVE FUNNY SENSITIVE

What other words would you use to describe your mother?


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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.

Circle or highlight the words that describe your father!

KIND ODD FUN LAZY
CALM THOUGHTFUL TALKATIVE GOOD LISTENER
AGGRESSIVE POOR LISTENER INCONSIDERATE
ANGRY DISCOURAGING SILENT DISRESPECTFUL
EMBARRASSING NEGATIVE SILLY SUPPORTIVE
DISTANT CARING COOL
JUDGMENTAL ACTIVE LOUD
SCARY HELPFUL SHY RUDE MEAN
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ANNOYING CONSIDERATE CLOSE-MINDED
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COLD OPEN-MINDED POSITIVE FUNNY
SENSITIVE

DAD

What other words would you use to describe your father?


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

MOM

SENTENCE COMPLETION



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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.

DAD

SENTENCE COMPLETION



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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 _____
11. People think he's _____, but he's really _____
12. He supports me by _____
13. Without him in my life I would _____
14. He's my biggest _____
15. I wish our relationship was _____
16. He doesn't know _____
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 ABOUT MY FAMILY!

Members in my family that live with me:

_____	_____
_____	_____
_____	_____

Things my family likes to do for fun:

_____	_____
_____	_____

My family is different from other families because _____

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 when _____



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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.

Family Member: _____

Rate how well you and this person communicate (1 - 10)

1 2 3 4 5 6 7 8 9 10

Why did you choose this number? _____

What usually leads to an argument with this person? _____

What is something this person does that makes it hard to communicate with them?

What do you wish they would do differently in how they communicate with you? _____

What can you say to get them to start communicating differently with you?

What do you think you need to do differently to improve communication?



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



I Feel Loved

Read below and place a check next to the statements that describe what you need in order to feel loved by others!

I Feel 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 nice for me without me asking them to
- ☐ Someone surprises me with a gift that they know I'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 (cooks, cleans, etc.)
- ☐ Someone takes time to be with me, even when they might be busy
- ☐ 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



KEY WORDS

TO SEARCH ON THE WEB



1. Are you your child's friend or a parent? Why the role is both.



2. Being a friend to your child



1. How to develop self-acceptance?
2. How does being a friend of your child helps?
3. How to develop family bonding?
4. What does a teenage child expect from a parent?
5. Family activities.

Let's hand hold our children to become the best version of themselves!!



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

- Don Bosco

Don Bosco National Forum for the Young at Risk



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