

Family Circle

3 NLP Techniques To Use With Parenting Of Typical Teens

NLP or Neuro-Linguistic Programming is about using the language of the mind, (pictures, sounds, sensations, smell and taste) to reprogram one's life for success.

Use the following tips to help your child to grow into a strong, successful adult.

1. Help your child develop a strong sense of self

Teenagers get to know and trust themselves by developing:

- **Self Confidence** – develops by getting to know one's body by taking action and doing things – having a part-time job, playing sports, having a hobby, or being in a club etc.
- **Self-esteem** – feeling strong about oneself. You can help your child with this by letting him/her know that it is an essential part of life to make mistakes and grow from them. Encourage them to take calculated risks and develop a wonderful vision for their future, plan and take small, methodical steps.
- **Self-Concept** – Is how your child thinks about himself/herself. Encourage your teenager to spend time relaxing in nature, and encourage your child to listen to the inner-voice but not think of it as being the definitive authority. Promote the use of affirmations and visualizations. I use an NLP Technique in my coaching practice called Time Line Therapy, that promotes the elimination of limiting beliefs and negative emotions and assists with the development of a very strong self-concept.

2. Develop Rapport

- Prepare a nice meal
- Take the time to sit down with your child
- Have a chat about something that you know interests them
- Compliment them on something they have done to assist with the housework (even the smallest thing if they have "attitude")
- Admit some vulnerability, such as, *"I know that I have often very busy. I am, very interested though in what you do and am keen to spend even more small moments together."*
- Keep the conversation going. Say, "See you this afternoon."
- Remain positive about your child's future and help to work step-by-step toward it.

- Find positive statements to say about their behavior and actions several times during the day or evening. Instead of saying, *"I wish you would pick up your clothes,"* say instead, *"It's great the way you turned the TV down when I went to bed. I appreciate that."*

3. Use Effective Body Language

NLP has adopted body language patterns from a successful therapist, Virginia Satir.

One of these patterns is called *"The Leveler"* and can be used in a stressful situation to infuse calmness. This involves spreading the palms out and facing them downwards.

This posture when used in combination with a drop in voice tone and pausing can be very effectively used to promote authority, assertiveness and honesty.

This stance could be adopted when pointing out to teenagers can a particular course of action might not be advisable such as: going to a party, coming home late or spending time with a certain friend.

Try these NLP tips to foster a great relationship with your child.

Gaye O'Brien is an NLP Trainer, Coach, Educational Consultant, Author and Speaker. Her books include: *NLP Essentials for Teachers: The Art of Encouraging Excellence in Your Students*, and contributions to the best selling series, *Adventures in Manifesting: Healing Within* and *Entrepreneur Success Stories: How Common People Achieve Uncommon Results*.
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