

Kelly Goldberg's PARENTING TEENS

Part III of BJBE's Spring Adult Ed Series,

May, 5775

Or...

The Cup is $1/2$ Full:
The Infinite Paths to Getting This Right
While We Simultaneously Mess It Up

Or...

Is My 30th High School Reunion
Really in October?!

Think back to high school...

What was
your biggest worry?

(Don't You Forget About Me,
-Simple Minds, The Breakfast Club)



Ending up alone...no friends
or anyone there for me
Wondering if I'll
ever have a
boyfriend/girlfriend

Body
image

Are people Making/keeping/
fake to my losing **friends**
face and
then, do
they go
behind my
back?!

Losing my
boyfriend/
girlfriend
Deciding HOW &
WHERE to allocate
my **free time**

My friends getting too into drugs

Balancing friends, family, extra-
curriculars, jobs, SCHOOL

My parents' reaction to different things

Not knowing what I want to do with my life

Doing
poorly in
school

Everything about college

Not getting into a good/dream college

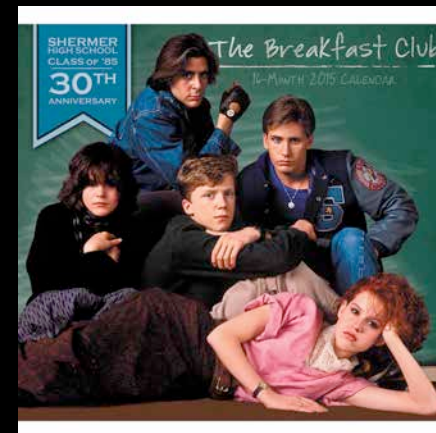
People judging me based on the college I go to

Starting a new chapter in life after high school

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It's comforting on some level, that
the more things change, the more they stay the same.

We and our teens



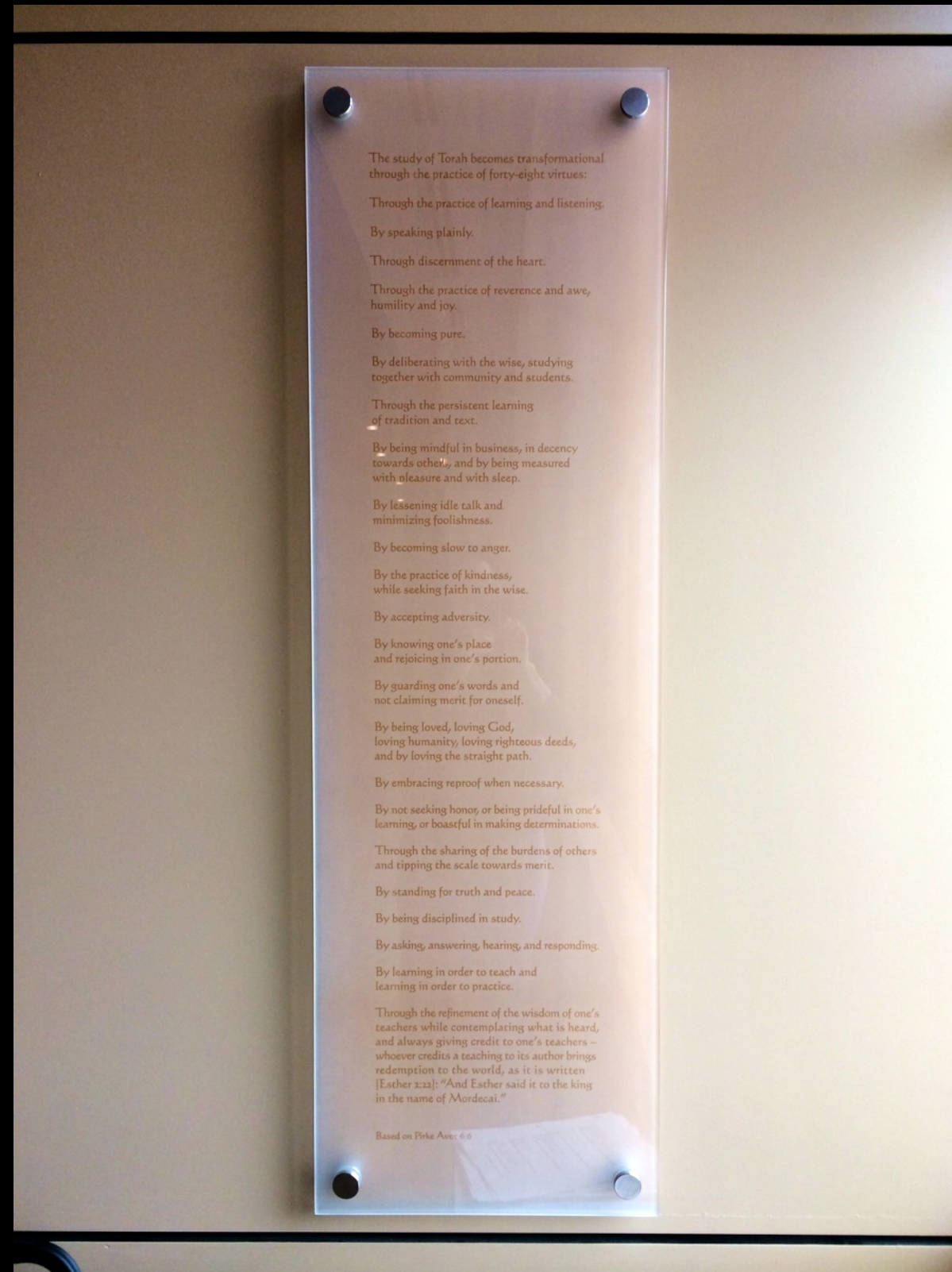
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~~When you grow up your heart dies.~~

We can, we MUST,
draw upon our COMMON experiences.

And...

Equally reassuring, is that the essence of the human struggle hasn't changed much for thousands of years.



The study of Torah becomes transformational through the practice of forty-eight virtues.

-Based on *Pirkei Avot 6:6

Through the practice of learning and listening.

By speaking plainly.

Through discernment of the heart.

Through the practice of reverence and awe, humility and joy.

By becoming pure.

By deliberating with the wise, studying together with community and students.

Through the persistent learning of tradition and text.

By being mindful in business, in decency towards others, & by being measured w/ pleasure & w/ sleep.

By lessening idle talk and minimizing foolishness.

By becoming slow to anger.

By the practice of kindness, while seeking faith in the wise.

By accepting adversity.

By knowing one's place and rejoicing in one's portion.

By guarding one's words and not claiming merit for oneself.

By being loved, loving God, loving humanity, loving righteous deeds, & by loving the straight path.

By embracing reproof when necessary.

By not seeking honor, or being prideful in one's learning, or boastful in making determinations.

Through the sharing of the burdens of others and tipping the scale towards merit.

By standing for truth and peace.

By being disciplined in study.

By asking, answering, hearing, and responding.

By learning in order to teach and learning in order to practice.

(*The Pirkei Avot is one of our most sacred texts. Translated as *Chapters of the Fathers*, it is a compilation of the ethical teachings and maxims of the Rabbis of the Mishnaic period.)

Through the practice of learning and listening.

-Pirkei Avot

Parent with Intention.

What are your parenting *midot*, values?

We need to check in with ourselves from time to time,
to make sure that we **don't lose track of these values...**

Make sure our **values are not unintended casualties** to:

- over-scheduled lives
- hectic work schedules
- consumption
- whatever else might confuse our **positive family energy**

*By asking,
answering,
hearing and
responding.*

-Pirkei Avot

Be present.

Inaudible Melodies
-Jack Johnson



*Slow down everyone, you're moving too fast.
Frames can't catch you when you're moving like that.*



*By being mindful in business, in decency towards others,
and by being measured with pleasure and with sleep.*

-Pirkei Avot

Our teens are watching us; we
need to TRY to behave in the
manner we want them to act.

Under Pressure

-David Bowie



You better check yourself before you wreck yourself:

All our good AND bad habits, behaviors,
and patterns have been on display!

If you want them to listen to their inner voices,
show them what that looks like.

If you want them to take risks,
model risk taking. Take leaps of faith.

If you don't want your teens to be too hard on themselves,
show them what it looks like to be kind to yourself.

If you want them to be kind, caring,
compassionate, loving, open, forgiving,
healthy, balanced, generous,
hardworking, fiscally responsible people...

(OMG)

We're their most significant adult role-models.

If that's not enough motivation to make we sure keep growing and improving, I don't know what is!



Bella says that the weirdest discovery for teens
is that **parents aren't perfect.**

“It's daunting because it means that the
world is made up of grown up kids.”

We need to make clear to our teens:

We're not perfect, but you're safe in our arms.

*If we can't be your safety net,
at least we're your gymnastics mat.*

And if all else fails, we'll get you to the hospital.

We love you unconditionally and to the end of the earth.

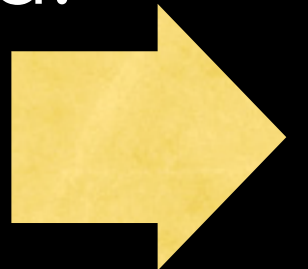
*By learning in order to teach and
learning in order to practice.*

-Pirkei Avot

Pace yourself;
it's a marathon,
not a sprint.

There are going to be countless
bumps
flat tires
traffic jams
even the occasional fender benders
along the road.

And the way we manage the rough spots together
sets the tone for our relationship going forward.



During their teen years is when
together we establish the basis of our
emotional, psychological and familial relationship...

And then, there's the pragmatics to consider...

Here's one way to frame it:

Over the course of our children's teen years,
we lose our job as their project manager.

We're hoping they invite us to be a
permanent consultant.

*By deliberating with the wise,
studying together with community and students.*
-Pirkei Avot

Access YOUR community.

Through the practice of... joy.

-Pirkei Avot

Find time to LAUGH;
with your teens
and with your peers...

Every day.

We are Phil Dunphy!

<https://www.youtube.com/watch?v=tlyHTgV3Jcw>

Look for JOY.

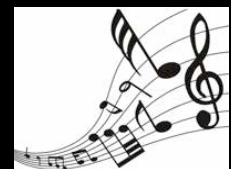
Every day.

*By being loved, loving God, loving humanity,
loving deeds and loving the straight path.*

-Pirkei Avot

This is what it's all about.

Seasons of Love
-Jonathan Larson, Rent

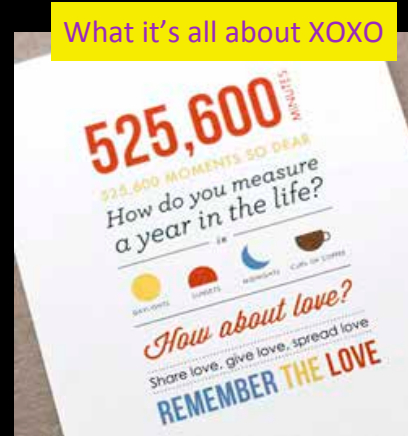
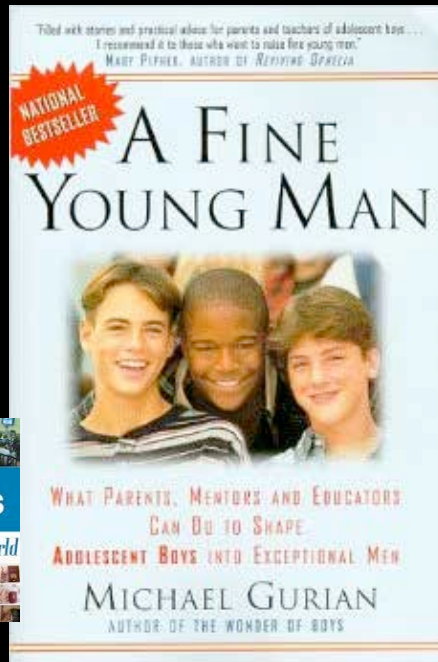
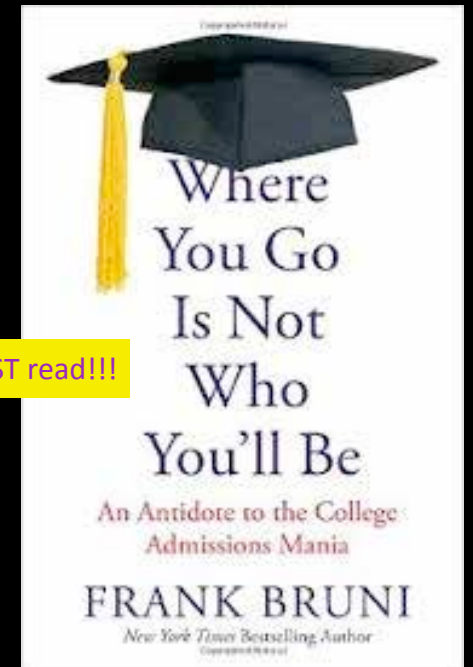
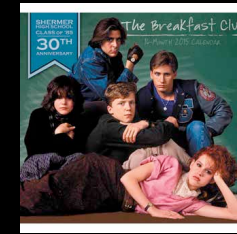
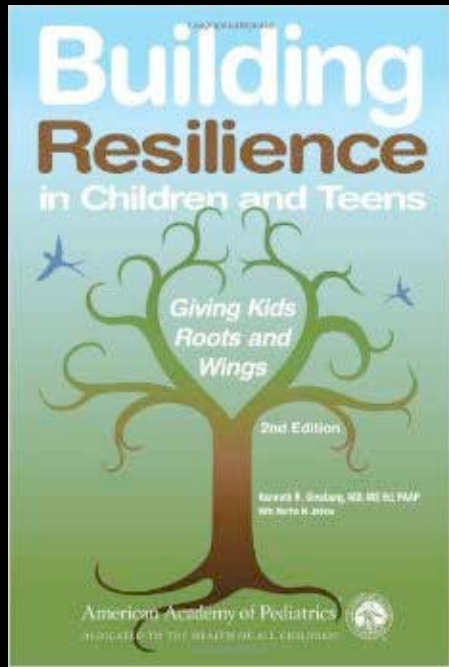


Measure your life in love.

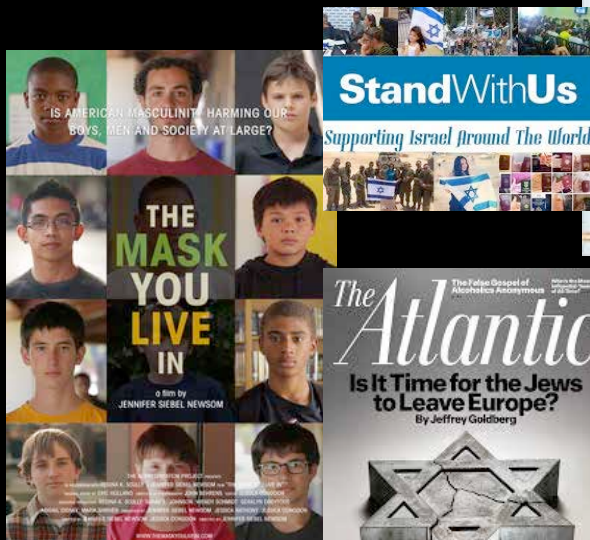
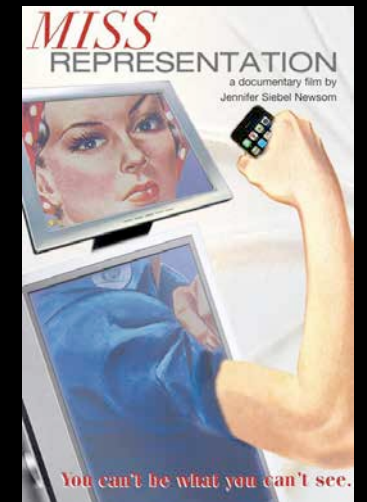
Our sometimes challenging almost-adult children are the
older versions of the
precious babies
we committed to nurturing and loving.

Cherish them with your love.

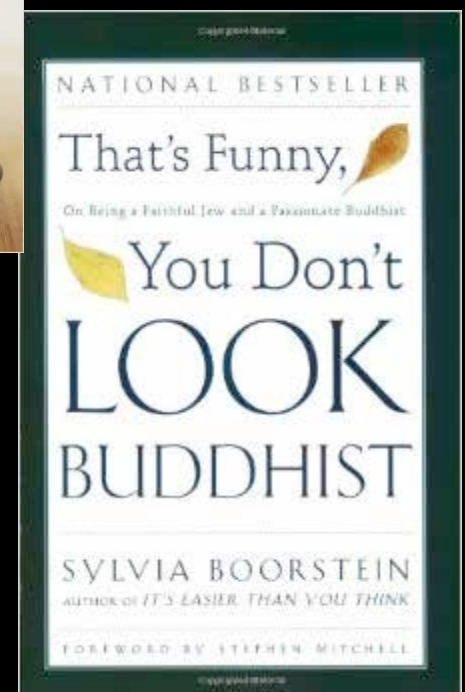
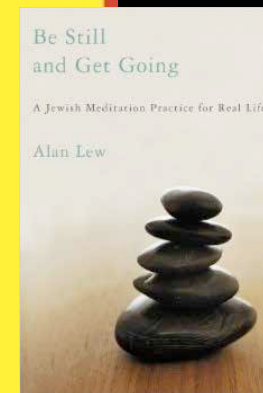
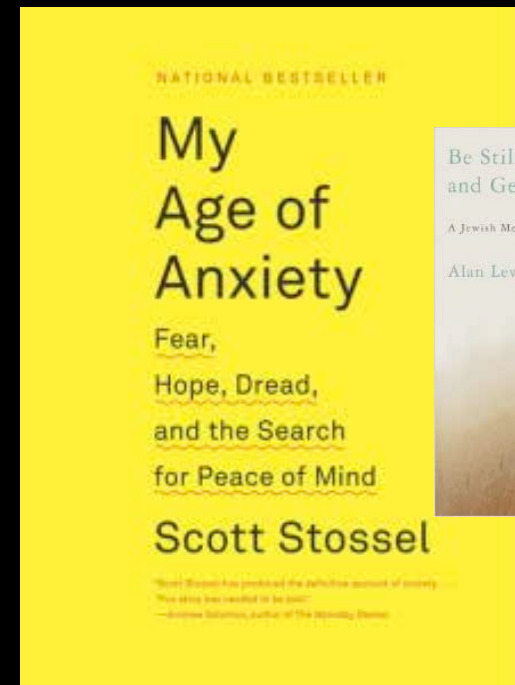
SOME Personal FAVS for Project Managers of Jewish Teens



MUST read!!!



Powerful read by my high school friend!



Questions?!

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