



with Care for the Family

Discussion Questions

Episode 4: Middle years and teenage years

1. If you have been navigating the middle and teenage years, what are some of your favourite stories of how you got things right or wrong as a parent?
2. Katharine shared how the teenage years are filled with identity searches, peer group influences and boundary testing! Have you experienced any of these in your family?
3. We talked about the benefits of 'choosing our battles' and saying yes to as much as we can, so that when we say no it carries more weight. How could this affect the way you parent your children?
4. Katharine explained how the teenage brain works; how their emotional centre develops quickly, but the rational centre of their brain takes time to develop. How could this help you to communicate effectively when they make choices that would differ from your own?
5. Our role changes as our children get older. Katharine talked about us moving from 'controller' to 'consultant'. How have you experienced your role changing?
6. Katharine shared how it's often easier to have side-by-side conversations with our teenagers, rather than face-to-face ones. How can we create opportunities for our teenagers to connect with us, whilst also offering the freedom to engage on their own terms?
7. Do you have any top tips or ideas that have been helpful when raising your teenager?
8. Katharine encouraged us at the end of this episode with this phrase: "Don't take all the credit, don't take all the blame, just see them through." What are some of your key takeaways from this session?



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