

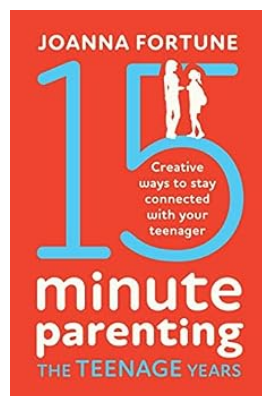
# Creative Ways To Stay Connected With Your Teenager: The Language Of Play

As parents, staying connected with our teenagers can sometimes be challenging. The transition from childhood to adolescence can be a tumultuous time for both parents and teenagers. However, one effective way to bridge the gap and maintain a strong bond with your teenager is through the language of play.

## The Importance of Staying Connected

During their teenage years, teenagers' lives become increasingly busy with school, extracurricular activities, and social commitments. They may start spending more time with their friends and develop interests that differ from their parents'. However, staying connected is crucial for their mental and emotional well-being.

When teenagers feel connected to their parents, they are more likely to seek their guidance, support, and advice. Open communication channels can help parents guide their teenagers through challenges, provide emotional support, and foster a sense of security and stability.



## 15-Minute Parenting The Teenage Years: Creative ways to stay connected with your teenager (The Language of Play Book 3) by Joanna Fortune (Kindle Edition)

★★★★☆ 4.5 out of 5

Language	: English
File size	: 805 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled

Print length : 286 pages  
Lending : Enabled



## Understanding the Language of Play

Play might seem like an activity reserved for young children, but it can be just as powerful for teenagers. The language of play goes beyond traditional games and toys. It involves finding shared interests, exploring new activities together, and creating bonds through shared experiences.

By engaging in playful activities, parents and teenagers can connect on a deeper level. It helps build trust, strengthens the parent-child relationship, and enables parents to better understand their teenagers' thoughts, feelings, and perspectives.

## Creative Ways To Stay Connected Through Play

1. Find Common Interests: Discover activities that both you and your teenager enjoy. It could be hiking, painting, cooking, or even playing video games. Exploring shared interests allows you to spend quality time together while fostering new connections.

2. Encourage Creativity: Engaging in creative endeavors unleashes self-expression and allows teenagers to communicate in unique ways. Encourage your teenager to explore their creativity through art, music, writing, or any other form of expression that appeals to them. Join them in their artistic endeavors and bond over shared creativity.

3. **Outdoor Adventures:** Going on outdoor adventures like hiking, camping, or even just taking a walk in the park can provide opportunities for quality conversations. Nature has a way of opening up communication channels and allowing teenagers to feel more comfortable sharing their thoughts and feelings.

4. **Board Games and Puzzle Nights:** Organize regular game nights where you can play board games or solve puzzles together. These activities promote healthy competition, improve problem-solving skills, and provide a relaxed atmosphere for open conversations.

5. **Volunteer Together:** Engaging in community service together can be incredibly rewarding. It not only strengthens your bond with your teenager but also instills valuable life lessons and empathy. Find local volunteer opportunities and work side by side to make a difference in your community.

6. **Get Active:** Physical activities such as sports, yoga, or dance can be a great way to connect with your teenager. Find a physical activity that you both enjoy and make it a regular part of your routine. Exercising together not only promotes physical well-being but also creates opportunities for meaningful conversations.

## **The Benefits of the Language of Play**

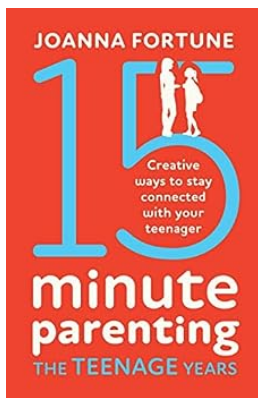
Engaging in playful activities with your teenager offers numerous benefits for both of you:

- Improved communication and understanding
- Strengthened emotional bond
- Enhanced problem-solving abilities

- Increased trust and empathy
- Fostering a positive parent-child relationship
- Creating lasting memories

## In

Staying connected with your teenager is essential for their overall well-being and growth. The language of play offers a creative and engaging way to maintain a strong bond. By finding shared interests, engaging in creative activities, and exploring new experiences together, you can create lasting memories and build a resilient parent-child relationship.



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‘When I tried Joanna’s approach during the first lockdown, I was both comforted and excited by how such a small change could have such a big impact.’ Dr. Suzanne McClean

Parenting through the teenage years can be challenging and overwhelming. With over twenty years of clinical practice, psychotherapist and parenting expert Joanna Fortune has devised a simple and proven 15-Minute parenting model packed with practical, playful and creative communication techniques to strengthen your relationship with your teenager.

Is it really possible to play with your teenager? Well, the answer is yes. Not only is it possible, it is a crucial to nurturing the surge in growth and brain development in this stage of childhood.

Combining neurological insights into the key stages of adolescence with a road map for playful connection, Joanna shows you how to navigate your way through the teenage years and adolescent behaviour including how to:

Build self-esteem and confidence

Establish a relationship of trust and respect

Encourage emotional resilience

Deal with mental illness including anxiety

Handle teenage friendships and when they turn toxic

Brave conversations about sex, gender and sexuality

Tackle the dark side of social media

15-Minute Parenting The Teenage Years is a vital toolkit that will enable you to better understand your relationship with your children as they grow and ensure that your parenting is growing with them.

15-Minute Parenting 0 – 7 Years and 15-Minute Parenting 8 – 12 Years are also available now!

Read what everyone is saying about the 15-Minute Parenting series:

As featured in Grazia's 21 of the Best Parenting Books in 2020

'Joanna's books give you every answer to every question you have as a parent with practical methods to tackle every obstacle and connect with your child and help them flourish.' Madeleine Shaw

'Now that we have to be teachers and coaches as well as parents — and feel guilty and overburdened — it's the perfect time for psychotherapist Joanna Fortune's new book.' Sunday Independent

'In an "Age of Anxiety" for parents, Joanna was able to dispense reassuring advice and practical tips from her 15 Minute Parenting Model for time-pressed parents who want the very best for their children's development and well-being.' Marena Duffy, Chairperson of Cuidiu (the National Parent to Parent Voluntary support network) Dublin North West

'Makes you reflect on your own childhood and how this can influence your parenting. Some interesting and thought-provoking sections.' Goodreads Reviewer

'Absolutely love this! I've read multiple parenting books as a daddy blogger and this is BY FAR one of my favourites!' Amazon Reviewer

'A must read for all parents! Absolutely loving this book. Joanna has a no frills, relaxed attitude towards parenting and brings fun into it. She made me realise that we don't need to question ourselves as much as we do.' Amazon Reviewer

'It's expert advice but advice that's accessible and smart and actually kind of fun. All the exercises are easily implemented and kids respond to them immediately. A parenting book can seem like "work" after a long day, but this book is well broken down so that whatever crisis you're dealing with today you can jump straight to the few pages (and solutions) about that issue.' Amazon Reviewer

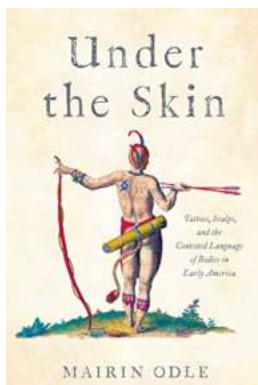
'Simple and effective. Totally love this book, such simple creative and inspiring ideas on how to just come back to your kids in this crazy busy world we live in. Fabulous chapter on relationships covering how to stay connected to your partner which I feel gets left out from other books I've read.' Amazon Reviewer

'A gentle and kind book...Certainly think it can help parents that feel they can't find their own way back.' Goodreads Reviewer




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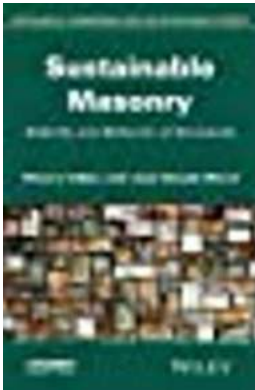
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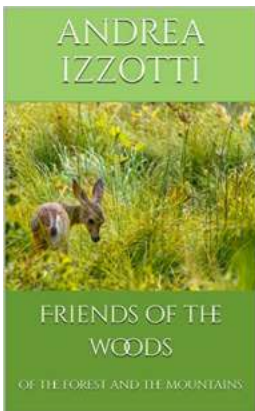
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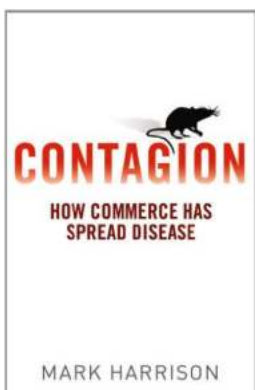
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