

Enjoy this month's collection of curated resources filled with practical ideas and actions you can take as a parent. Try just one, or dive into them all. How you use these resources is completely up to you.

1. Conversation Starter - How Can I Best Support You?

If you are currently living with a teenager and struggling with how to parent them, the good news is that you also live with an expert in teenagers today - your teen. Before turning to books, blogs and google searches for how to deal with the challenges you are navigating, try asking your very own, live-in expert. Ask your teen how you can best support them. Your interest in their opinion will go a long way in understanding their needs and creating the trust required for a strong relationship.

2. Activity - Rearrange Your Rooms

The COVID 19 pandemic has felt like groundhog day for many. While mildly boring for some, for others the lack of new stimulus can create fear and anxiety about returning to normal activities. Coping skills are 'skills' and therefore need to be practiced to keep them strong. One way to ease into change and the unfamiliar is to make a family activity out of rearranging the house. Move furniture, switch up rooms and make things different. This will help your kids dig into their cognitive flexibility and remember that different can still be safe.

3. Podcast

[We can do hard things](#) - Glennon Doyle

Episode 13 Parenting: How do we make this thrilling, terrifying roller coaster ride a little bit easier?

I am consistently impressed with the wisdom shared by Glennon, her sister, wife and family in this podcast. Episode 13 is all about parenting.

4. Video - How To Have Better Conversations

[10 ways to have better conversations](#) - Celeste Headlee

Conversations are critically important for our relationships and our parenting skills. Invest 10 minutes in this video to boost your conversation skills.

5. Video - Embrace Your Own Failures

[Embrace your own failures](#)

One of my personal favorites, this tip for building resilience in your kids will actually help you as much as them. After all, imperfections help us connect to others, laugh, let go and embrace each other in a way that perfection never could.

**"A conversation requires a balance between talking and listening."
By Celeste Headlee**