Helping teens Part 1

Looking back, I see value and great worth in rituals we introduced to our children when they were about to enter their teens.

My wife was responsible for the inspiring “at home” activities we regularly took part in as a family.

First, she arranged a regular open house mealtime attended by our children's peers. It was a relaxed and fun occasion in which we, the parents, also shared.

Second, once a week our family of three pre-teenagers joined with my wife and I in a fun-filled games night at home. It is still talked about all these years later.

Third, at our ordinary evening meals my wife laid out full sets of cutlery. As the meal proceeded through each course, she helped the kids learn which items to use correctly. They would then be comfortable in knowing how to behave suitably when eating away from home.

Fourth, we didn't have to worry about the kind of friends they would make. By getting our family involved in a local Christian church, our young ones were put in touch with children of other like-minded families.

Our rituals - simple to organise and eagerly shared in by the children - were positive, enjoyable, and very effective.

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Childhood happiness should start at home.

Ken Packer