

COMPANION BOOKLET

bundled with

"From Pre-teens to Adulthood"

Let's Meet in the Middle

A Mindset Guide for Parents & Teens

Same journey. Different shoes. One destination.



A Note Before You Begin

Growing up isn't just something that happens to teenagers — it happens to families. Every stage brings new questions, new tensions, and new opportunities to truly know each other.

This little booklet isn't a rule-book. It's an invitation. An invitation to pause, to listen, and to choose curiosity over conflict — together.

You don't have to agree on everything. You just have to be willing to try.

For Parents

Your teen isn't pushing you away — they're figuring out how to stand on their own. And that's exactly what you raised them to do.

Try to remember:

► **Listen first, advise second.**

Sometimes they need to be heard more than they need to be fixed.

► **Your experience is valuable — but it isn't their experience.**

The world they're navigating looks different from yours. Stay curious about it.

► **Safety and control aren't the same thing.**

You can hold boundaries with warmth. Firmness and kindness are not opposites.

► **Your reaction sets the tone.**

When they come to you with hard things, how you respond today determines whether they come back tomorrow.

Give them room to grow — and stay close enough to catch them if they fall.

For Teens

Your parents aren't your enemy — even when it feels that way. They're human beings who love you deeply and are also figuring this out as they go.

Try to remember:

- ▶ **They're not always wrong just because they're older.**

Experience isn't everything, but it counts for something.

- ▶ **Respect opens doors that attitude keeps shut.**

You'll be surprised how much more freedom comes when you show you can handle it responsibly.

- ▶ **You don't have to share everything — but shutting down shuts things out.**

A little communication goes a long way.

- ▶ **They were your age once.**

It might be worth asking them about it sometime.

You're not a finished product yet — and that's a good thing. Neither are they.

A Note to Both of You

The goal isn't a perfect family.

It's a **real** one — where both sides feel safe enough to be honest, brave enough to apologise, and committed enough to keep showing up for each other.

This book is just the beginning of that conversation.

Keep going.



About This Booklet

Designed to accompany **From Pre-teens to Adulthood**, this short mindset guide helps families approach the teen years with less tension and more trust — one honest conversation at a time.