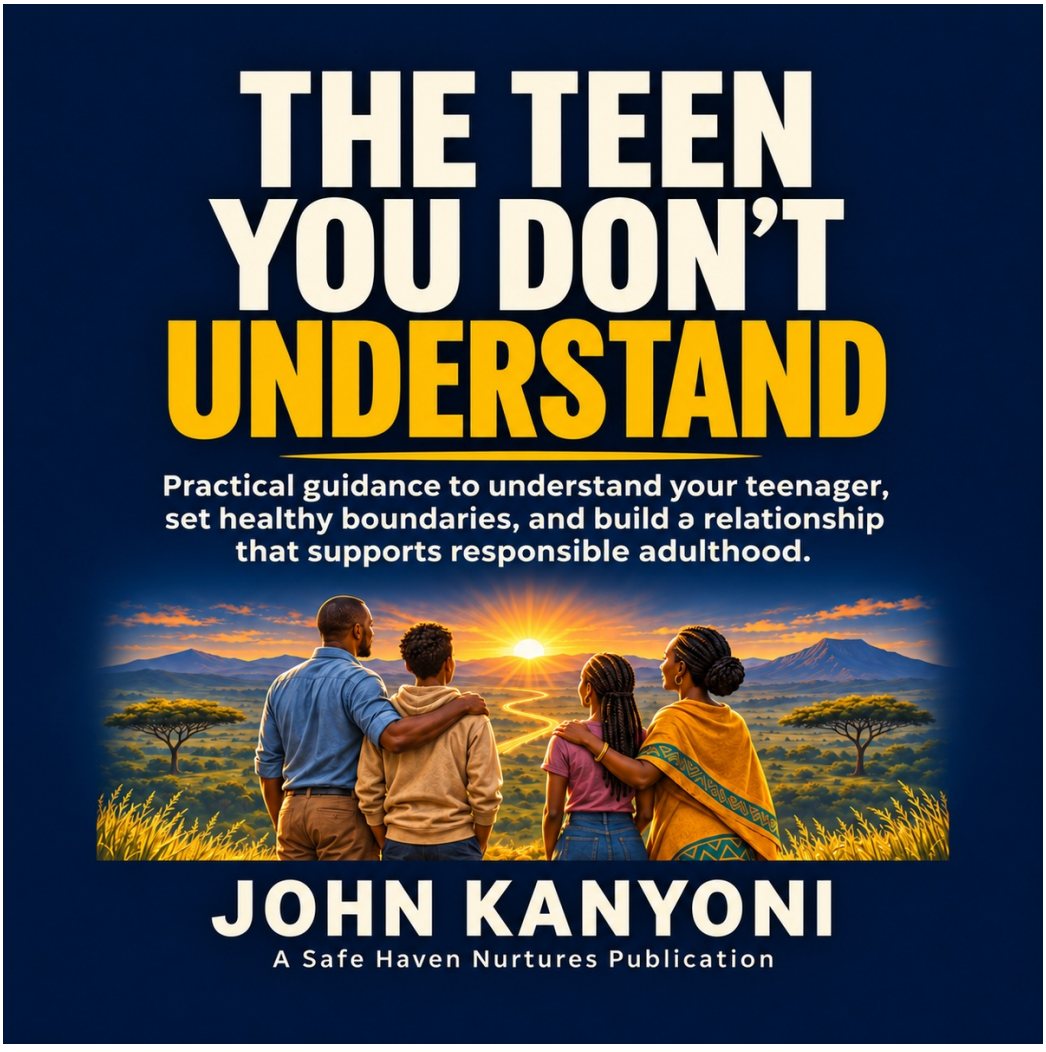
FREE PREVIEW



Look inside before you buy

Contents • A selected Chapter 2 extract • One practical parenting tool

By John Kanyoni | Safe Haven Nurtures

Sample text has been re-typeset for this preview. Preview page numbers do not match the full book.

INSIDE THE COMPLETE BOOK

Contents

Part One | Understanding Your Teenager

Welcome to the Teenage Years

What Your Teen Is Really Trying to Tell You

The Search for Identity and Belonging

Part Two | The World Your Teen Lives In

The Digital Generation

When Good Kids Start Making Bad Choices

Mental Health Matters

Part Three | Becoming the Parent They Need

The Parent Traps

Discipline That Builds Character

Winning Back Your Teen

Part Four | Preparing Them for Life

Preparing Teenagers for Adulthood

The Legacy of Parenting

A Parent’s Survival Guide

Also included

Preface • Introduction • Parent Toolkit • References • About the Author • About Safe Haven Nurtures

This contents overview lists the main reading sections and resources in the book.

What Your Teen Is Really Trying to Tell You

Understanding the Hidden Messages Behind Teenage Behaviour

> "*Every behaviour is an attempt to meet a need, express an emotion, or solve a problem. Wise parents learn to read the message, not just react to the behaviour.*"

A Story Every Parent Should Hear

James was sixteen when his parents brought him to counselling. "He has become impossible," his father said. "He answers back." "He ignores us." "He locks himself in his room." "He used to be such a good boy."

His mother added, "We've taken away his phone." "We've grounded him." "We've stopped giving him pocket money." "Nothing works."

When James and I finally spoke alone, I asked him a question that his parents had never asked. "If your behaviour could speak, what would it be trying to tell your parents?" He was quiet for a long time. Then he whispered, "I'm tired of never feeling good enough."

He explained that no matter how hard he tried, the conversation at home always focused on what he had done wrong. If he scored 85%, his parents asked about the missing 15%. If he cleaned his room, they noticed the one corner he had forgotten. If he tried to explain himself, he was accused of being disrespectful.

His behaviour wasn't saying, "I don't care." It was saying, "Please see me, not just my mistakes."

That counselling session changed the entire family's relationship. His parents stopped seeing only his behaviour. They began listening to what it was communicating.

Look beneath the behaviour

Behaviour Is Like the Dashboard of a Car

Imagine you're driving and suddenly the engine warning light comes on. You have two choices. You can cover the light with tape and continue driving. Or you can stop and investigate the problem.

Many parents unknowingly cover the warning light. They focus only on stopping the behaviour. The wiser question is, "Why has this behaviour appeared in the first place?"

Behaviour is the dashboard. It alerts us that something deserves attention. Ignoring the warning rarely solves the problem.

The Safe Haven Principle: The S.E.E. Model

When challenging behaviour appears, remember three simple steps.

S – See the Behaviour

Notice what is happening without immediately judging it. Instead of saying, "He's lazy," describe what you actually observe. "He hasn't completed his homework for three weeks."

Facts create clarity. Labels create assumptions.

Respond with understanding

E – Empathise with the Emotion

Ask yourself, "What emotion could be driving this behaviour?"

Could it be: fear, embarrassment, loneliness, disappointment, shame, anxiety, rejection, frustration?

You may not know immediately. That is why curiosity matters.

E – Equip for Growth

Once the underlying issue is understood, help your teenager develop healthier ways to respond. Don't simply remove the behaviour. Teach the skill that replaces it.

If they lie because they fear punishment, create an environment where honesty is welcomed. If they explode in anger because they lack emotional vocabulary, teach them how to identify and express feelings.

The goal is not behaviour management. The goal is character development.

End of selected Chapter 2 extract. The complete chapter continues in the full book.

TRY ONE TOOL FROM THE BOOK

The Weekly Emotional Check-in

One of the biggest mistakes parents make is only talking to teenagers when there is a problem. Healthy families create regular opportunities to talk before problems become crises.

Set aside 20–30 minutes each week. No phones. No television. No interruptions. Take turns answering these questions.

Questions for the parent to ask the teenager

- What was the best part of your week?
- What was the hardest part?
- What made you laugh?
- What stressed you the most?
- What are you looking forward to next week?
- How can I support you better?

Questions for the teenager to ask the parent

- What do you think I did well as a parent this week?
- What could I do better?
- Is there anything you've wanted to tell me but haven't?
- How can we make our relationship stronger?

Family rule

Nobody interrupts.

Nobody criticises.

Nobody solves problems until everyone has been heard.

TAKE THE NEXT STEP

Start a different conversation

Perhaps you recognised something in James's story: a teenager who hears correction, but longs to feel seen. Or perhaps your next step is simply to sit together, put the phones away, and ask how the week has really been.

This preview offers a starting point. The complete book explores the wider challenges of raising teenagers and provides practical tools for everyday family life.

In the full book, explore how to:

• Understand identity, belonging, friendships, and the digital world.

• Set boundaries and build character without humiliation.

• Rebuild communication and trust when relationships become strained.

• Prepare your teenager for responsibility and adulthood.

The Parent Toolkit also includes a screen-time agreement, responsibility chart, family meeting guide, conversation jar, and other practical activities.

Buy the complete book on Selar →

https://selar.com/85597z915s

John Kanyoni is the founder of Safe Haven Nurtures. His work brings together counselling, teenage mentorship, and practical support for families.

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