

If talking about puberty with your kid feels awkward, watch this

1 MIN • YOUTUBE • [HTTPS://WWW.YOUTUBE.COM/WATCH?V=RjMXDLLBGYU](https://www.youtube.com/watch?v=RjMXDLLBGYU)

<https://www.youtube.com/watch?v=rjmXdLLbgyU>

SUMMARY

Navigating the transition from childhood to adolescence can be challenging for both parents and teens. The speaker emphasizes the importance of adapting parenting strategies during puberty to maintain a close relationship and influence over their children. They introduce Dr. Cheryl, an expert in the field, who will provide workshops to help parents and kids engage in conversations about puberty together.

- Puberty marks a significant change in the parent-child relationship, requiring a shift in parenting approach.*
- Maintaining connection during these years is crucial for ongoing influence over teens.*
- The speaker encourages parents to show readiness for the changes that come with puberty.*
- Dr. Cheryl will offer co-viewing workshops tailored for parents with sons and daughters.*
- These workshops aim to facilitate discussions about puberty that many parents may not have experienced themselves.*
- Engaging in these workshops signals to children that parents are committed to navigating this stage together.*
- The goal is to foster open communication and understanding as children enter their teen years.*

Do you ever think, "I figured out kid parenting, but now all of a sudden, my kid is a teen or they're a tween or they're going through puberty. Is it usually starting this early?" I hear you. Your kid's body is changing. They are now closing the door to their bedroom. They're rolling their eyes. Their attitude is intense. And you know, you want to stay in a close relationship. You know, these years matter more than ever in terms of having influence. But here's the truth. We have to show up differently in these years to continue to have a close relationship as the relationship changes and to have influence. Now, look, the reason I love talking to parents about puberty is because when you show up for your kid when they're going through puberty, you're saying something more than puberty. I'm ready for the next phase. I know there's a lot that's going to change beyond your body, and I am here for it. We can stay connected. It's why we're bringing on a brand new expert in the puberty, teen, and tween space, Dr.

Cheryl. She's been doing work in the space forever, and she is actually bringing to us also two co-viewing workshops. one if you have a son, one if you have a daughter, meaning we show up and do some of that heavy lifting for you because you probably never had someone talk to you about your body in puberty. So the language doesn't come and so we can thread that needle. You watch the workshops with your kid and it really says to your kid, I am ready for this next stage. We're going to learn through it together. So you've been wondering how do I step into the teen, tween, puberty, years without losing connection while still having influence?

This is the starting point. I can't wait to hear what you