



ELISA CARD

HAPPY2SUCCEED

PARENTING MILLENNIALS 7-INSTANT PROBLEM-SOLVER SOLUTIONS

CHECKLIST

TO ALL MILLENNIALS AND THEIR PARENTS

Millennials — the generation born between the early 1980s and 2000 (so in 2017 between 37 and 17 years old for the youngest)

FROM A PARENT TO MY MILLENNIAL CHILD(REN)

I can see you are growing, becoming an adult now, and maturing,
You listen to me - you listen to me and don't interrupt me - you listen to what I have to tell you –
.....

Below are **my 7-instant problem-solver solutions** to disarming, dissolving and distilling a drama situation, and prepare for any future circumstances you may teach your teen.

1. **COMMUNICATION COMMUNICATION COMMUNICATION:** It is very fundamental that communication is established, as it is the greatest tool. Talk to your child is very key for a well and positive, clean, loving relationship. It is sometimes uneasy as Millennials don't like to be disturbed while on their SmartPhone or Game-Console, or a busy study-sport schedule...
My advice: select a moment when he/she is calm and available. This is essential also as a good habit to cultivate every week, in the morning at breakfast or in the evening, once or twice a week, for a family dinner.
2. **LISTEN MORE:** be a good listener to your teen. It is imperative that your Millennial voices his/her story. His/her own words, and expresses feelings. Your listening is healing to him/her. **My advice:** Most of the time, wait until your child comes to you, to talk. It may take few hours or several days. Be Patient. This is Golden in your relationship. Patience.
3. **ASK QUESTION LESS:** and allow your teen to find solutions on his own to provide ideas and insight into the lessons learned. This truly needs to be a collaborative process to succeed. This is his/her life. **My advice:** while your teen is expressing his/her issues and situation, make sure your

body gesture is telling him/her 'I am listening.' No distraction is a must. And your eye contact will confirm that you feel and sense his/her message with sympathy and love.

4. **THE GOOD & THE BAD:** 'Lessons learned' with your teen should not only focus on the mistakes that were made; there should also be a list of the good things that happened in the situation. Often, everyone concentrates on errors that were made, and, while that is important, the family or you and your teen need to identify what worked. This is a key positive aspect of building a stable, healthy future. **My advice:** Each time you have an issue with your Millennial, make sure that those processes and practices here can be repeated in his/her future ventures.
5. **ADAPT:** Listening is a helping way to clear and understand a situation and improve a relationship. Listening alone doesn't totally help to build a strong relationship with your teen, it's what you DO after you hear that matters. **My advice:** After listening to the entire story, and finding out the Good and the Bad, ask yourself the "five whys" *. I have learned about this tool while working in the Lean and Tech Industry. This Lean system is used in Industrial field to improve any process with problems involving human factors or interactions. The five whys ensure that performance is the key end-drop.
6. **SURPRISE YOUR MILLENNIAL** with a new solution, a new answer or new suggestion. **My advice:** use comparisons, metaphors. For instance, "In the selection of your friends and acquaintances, you are whom you are with most of the time, it is very important to be with a person because of who they genuinely are inside. If I present you a plate with an overripe pear and next to it a juicy fresh mango, which one do you want to spend your time with and eat, would you eat a rotten pear? You choose the mango for what's inside. Not the nasty of course. People are the same as fruit or food, Be with them for what's inside! Eliminate the toxic!"
7. **EXAMINE YOURSELF:** what kind of parent are you? This is **really a KEY QUESTION**. Permissive or punitive? Overprotective or relaxed? Knowing yourself as a parent is the starting-point to an improving situation. It is never too late to change. **My advice:** be flexible and firm. Remain flexible for all the minor things in life. (No drama regarding: room cleaning, eating at a different time, having friends coming at home, or breaking a decoration item with inadvertence, projects your child may have) And stay firm in situations which involve more the danger, his health, and his entire future and life altogether. When it is almost a question of life or death. Remember that Millennials like FREEDOM much more than the Baby-boomer generation... that may help you when setting rules in your home.

WANT TO READ ELISA'S FULL POST ABOUT

MILLENNIAL PARENTING: THE 7-KEY CRUCIAL ADVICE THAT WILL INSTANTLY TURN YOUR DRAMA HOME INTO A DREAMLAND FOREVER?

CLICK HERE!

Link to the blog post

*The 5 Whys is a technique used in the Analyze phase of the Six Sigma DMAIC (Define, Measure, Analyze, Improve, Control) methodology.