



Do You Hear Me?

From Chaos to Connection



Carol Muleta
Founder, The Parenting 411

INTRODUCTION – CAROL MULETA

- Certified Parent Educator and Consultant
- Host, Parenting 411 Radio
- 2019 DC Mother of the Year®
- Mother of two young adult sons



THE EARLY YEARS...

**Pushing
Boundaries**

**Pretty
Connected**

8 – 12 yrs.

**Breaking away to
find themselves.
Find new ways to
connect.**

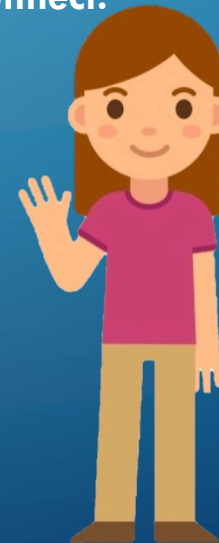
**Closely
Connected**

3 - 8 yrs.

**Ability to reason
sets in. Can make
choices. Let them.**

0 - 3 yrs.

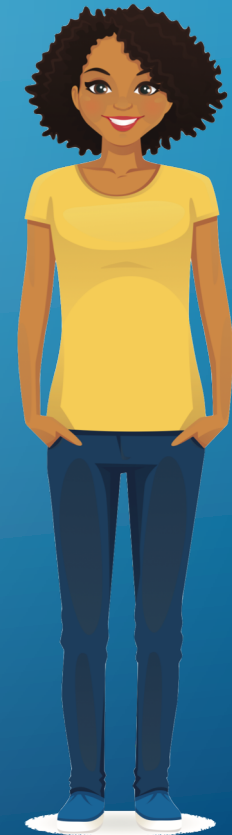
**Unable to reason.
Use simple words
to teach and
redirect.**



The Scene with Teens



- Growth spurt
- Surging hormones
- Emotions in OVERdrive
- Social life (It's complicated!)
- Cognitive rewiring



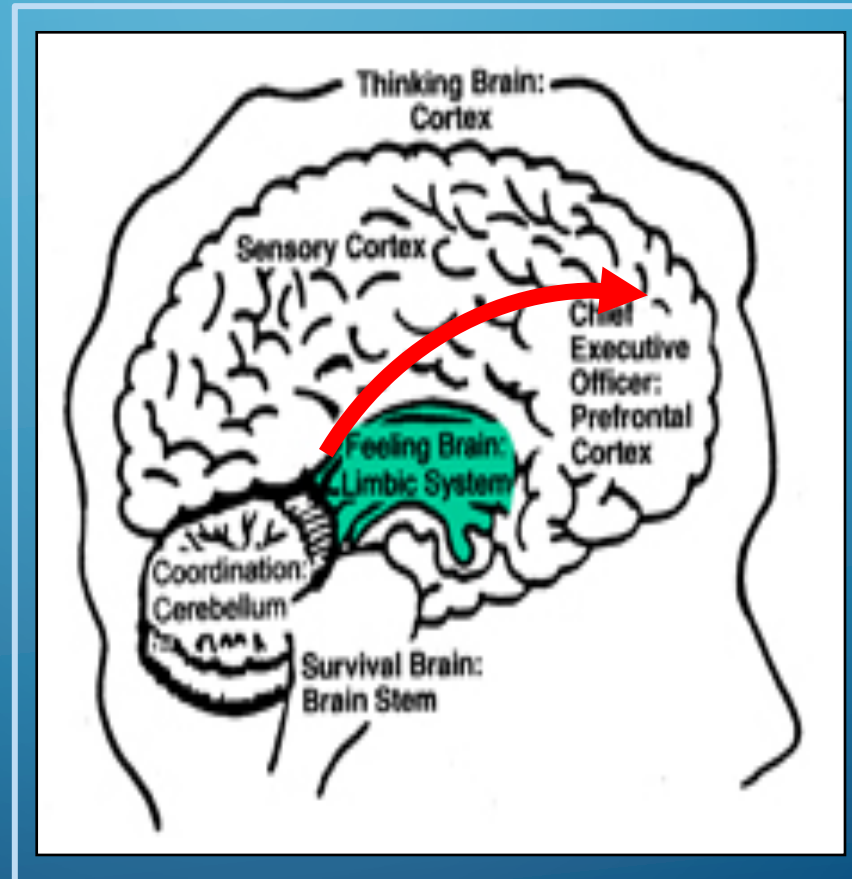
The Teen Brain

What we imagine...



The Teen Brain

What's really happening...

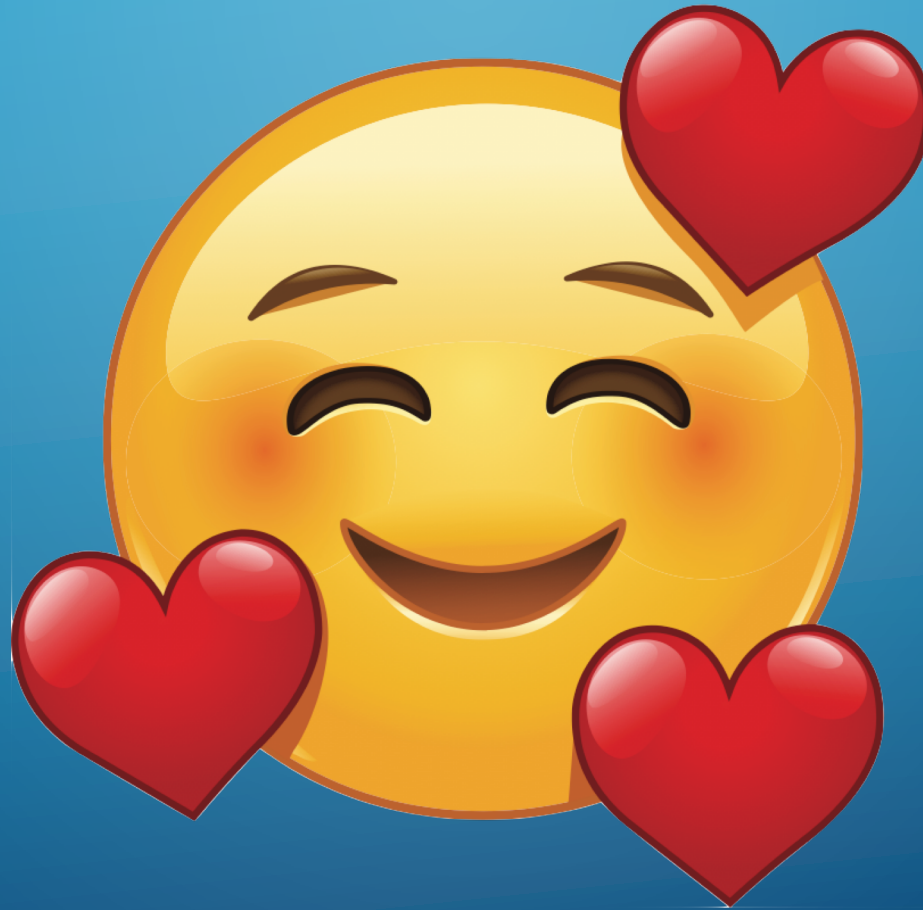


physical changes in the brain

BE AVAILABLE



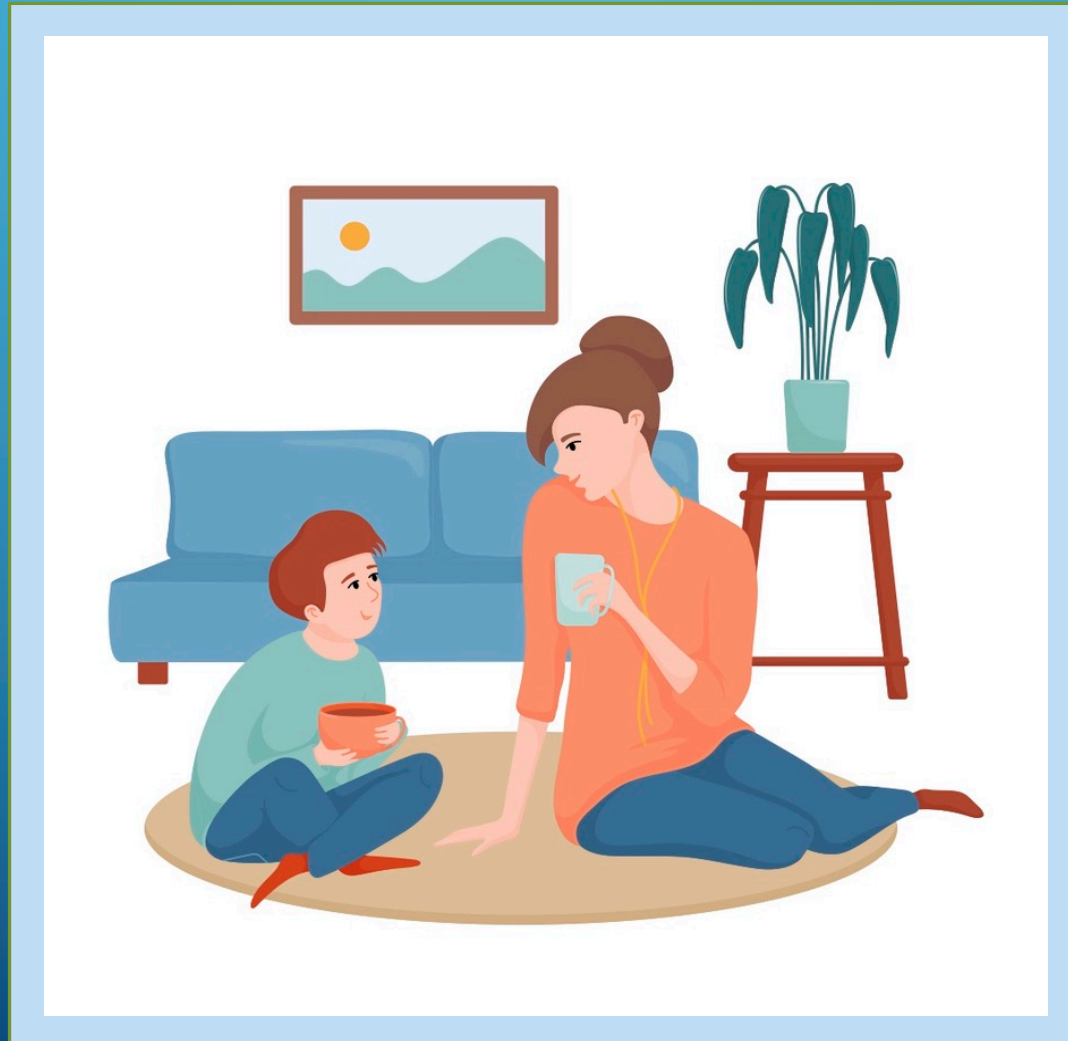
PAY ATTENTION



SHOW ACCEPTANCE



AFFIRM THEM



GIVE THEM AGENCY



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The Parenting 411

T: 240-570-9037

E: carol@carolmuleta.com

www.carolmuleta.com