

My baby is growing up

Kif għandi nittratta lil uliedi issa li qed jikbru?

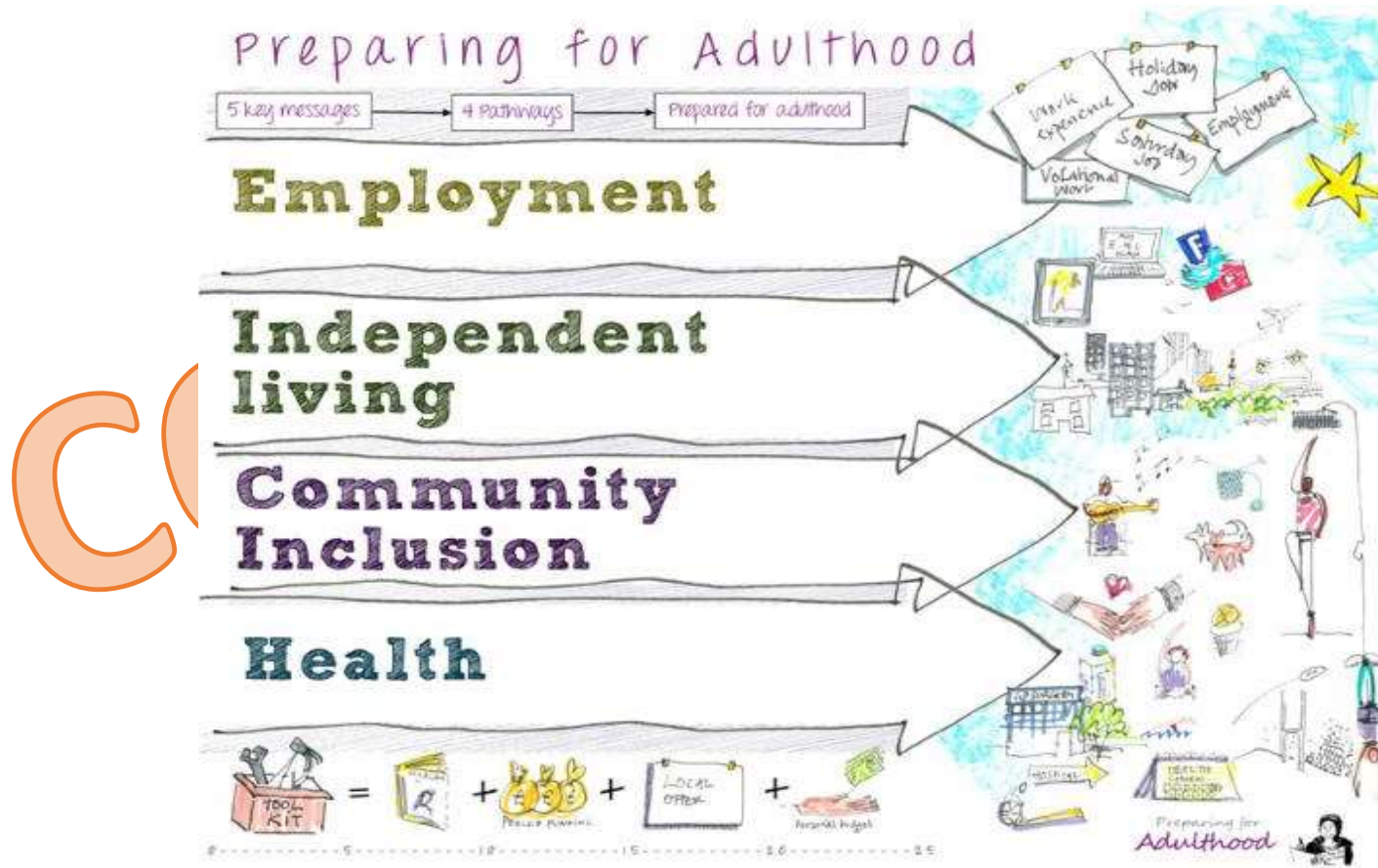
# Journey



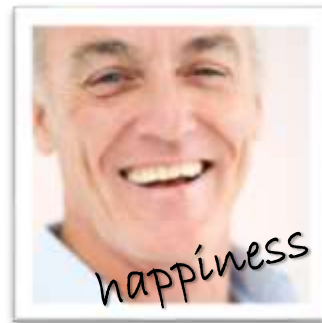
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“Life is a journey. It’s about meeting new people and going through different experiences...”

# What are the struggles of adulthood?



# Define Values and Parenting Strategies



# Be Practical

- They are teenagers once...
- When they're older it's the teenage years that they'll remember.
- It is important to procrastinate them going out alone but there comes a point when you have to let go.



A close-up photograph of a man in a white polo shirt pointing his right index finger towards a young woman with curly hair. The man has a serious expression, and the woman is looking at him with a neutral to slightly concerned expression. The background is blurred green foliage.

Saying No!

**Saying "No" to Your Teenager is Hard.  
Sticking to It is Even Harder**

# Responsibility



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# Respect



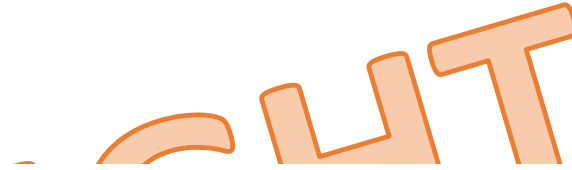


# Identity crisis

## Invest in yourself:

- Spend time with your partner
- Start a hobby / course
- Read
- Get involved in the community

# You are good parents...



- If whatever you do you do it because you genuinely love your kids...you're a good enough parent.
- If you make a mistake...admit it and tell your child. It is a learning experience.

# thanks

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