

Dear Parents,

In the last session of our online parenting class we talked about Reacting vs. Responding when communicating with your teenager. If you missed it, you can check out [“What is the Difference Between Reacting and Responding” Sessions 1 and 2 here.](#)

Today, I want to continue that thought by sharing with you a very practical tip to help you stay calm when your teenager is not calm.

It's called the Rewind and the Flash Forward.

You can watch this short video to learn how you can try it out this week in your home.

<http://vimeo.com/parentministry/review/50506222/14e8a4cab6>

I hope this helps you to apply what we have been learning. In our next session we will give ourselves an “Attitude Check”. I am looking forward to it, and I hope you are too.

Have a great week,

Glenn