

LET'S TALK ABOUT

EMPOWERING PRETEENS:

A PARENT'S GUIDE FOR
AGES 10-13

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TABLE OF CONTENT

Welcome to the Tween Years	01
Core Values to Reinforce at Ages 10-13	02
Activities to Develop Skills and Confidence	03
Tips for Parents: Communication and Boundaries	04
Family Activities for Connection and Growth	05
Healthy Entertainment and Digital Balance	06
Encouraging Leadership and Responsibility	07
Conclusion: Supporting Strong, Resilient Preteens	08

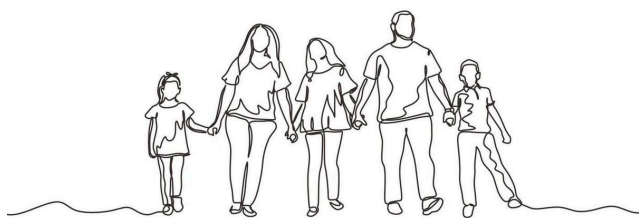
*“Children need models rather
than critics.”*

WELCOME TO THE TWEEN YEARS

The tween years, ages 10 to 13, are a time of incredible growth, change, and self-discovery. Your child is moving toward greater independence, forming stronger opinions, and exploring their unique identity.

This phase brings new challenges and opportunities—for both your preteen and you as a parent. Supporting their emotional, social, and intellectual development is key to helping them navigate these changes with confidence and resilience.

This guide is here to provide you with insights, practical tips, and meaningful activities to empower your preteen to grow into a strong, thoughtful, and compassionate young person. You are helping your child build the skills and mindset to face the world with courage and kindness.



CORE VALUES TO REINFORCE AT AGES 10-13

The tween years are a critical time for solidifying the values that will guide your child into adolescence and adulthood. Reinforcing strong principles helps your preteen build a moral compass and self-confidence as they face new challenges.

Focus on these core values during this stage:

- Integrity: Encourage honesty and doing the right thing even when no one is watching.
- Empathy: Foster understanding and compassion for others' feelings and experiences.
- Respect: Teach respect for themselves, others, and the world around them.
- Accountability: Help your child take responsibility for their actions and learn from mistakes.
- Resilience: Support the ability to bounce back from setbacks with a positive attitude.
- Curiosity: Keep nurturing their desire to learn, explore, and ask questions.

By reinforcing these values, you help your preteen develop into a confident, caring individual ready to make thoughtful decisions.

ACTIVITIES TO DEVELOP SKILLS AND CONFIDENCE

Preteens aged 10 to 13 are eager to expand their abilities and express themselves. Engaging in activities that challenge their minds and bodies helps build confidence, creativity, and practical skills. Here are some ideas to support their growth:

- **Creative Projects:** Encourage writing stories, making videos, or creating artwork to foster self-expression and imagination.
- **STEM Challenges:** Involve your preteen in science experiments, coding games, or building projects that promote problem-solving and logical thinking.
- **Team Sports or Clubs:** Participating in group activities helps develop teamwork, leadership, and social skills.
- **Volunteering:** Encourage involvement in community service to build empathy and a sense of purpose.
- **Public Speaking:** Practice presentations or storytelling to boost communication skills and confidence.
- **Mindfulness and Relaxation:** Introduce simple meditation or breathing exercises to help manage stress and emotions.

Supporting your preteen in exploring these activities nurtures a well-rounded and confident young person.

TIPS FOR PARENTS: COMMUNICATION AND BOUNDARIES

The tween years can be a time of curiosity, independence, and sometimes testing limits. Effective communication and clear boundaries help your preteen feel secure while learning to navigate their growing world. Here are some tips to guide you:

- **Listen Actively:** Show genuine interest in your preteen's thoughts and feelings without immediately offering solutions or judgment.
- **Encourage Open Dialogue:** Create a safe space where your child feels comfortable sharing both good news and struggles.
- **Set Clear Expectations:** Clearly communicate rules and consequences, and be consistent in enforcing them.
- **Respect Their Growing Independence:** Allow your preteen to make choices and learn from natural consequences while providing guidance.
- **Be a Role Model:** Demonstrate respectful communication and emotional regulation in your own interactions.
- **Use Positive Reinforcement:** Praise good behavior and effort to encourage continued growth and responsibility.

Balancing support and boundaries helps your preteen develop self-discipline, trust, and confidence.

FAMILY ACTIVITIES FOR CONNECTION AND GROWTH

Spending meaningful time together strengthens your family bonds and supports your preteen's emotional and social development. Here are some activities that encourage connection, teamwork, and shared learning:

- **Family Discussions:** Set aside time to talk about daily experiences, current events, or values. Encourage everyone to share their thoughts openly and respectfully.
- **Collaborative Projects:** Work together on creative endeavors like gardening, home improvement, or crafting that require teamwork and problem-solving.
- **Game Nights:** Play strategy games, trivia, or cooperative board games that foster communication and critical thinking.
- **Outdoor Adventures:** Plan hikes, bike rides, or camping trips to promote physical health and appreciation for nature.
- **Volunteer as a Family:** Engage in community service projects to build empathy and social responsibility.
- **Celebrate Traditions:** Create or maintain family rituals for holidays, birthdays, or weekly gatherings to build a strong sense of belonging.

These shared experiences deepen relationships and help your preteen develop essential life skills.

HEALTHY ENTERTAINMENT AND DIGITAL BALANCE

As preteens grow, digital media becomes a bigger part of their lives. Helping your child develop a healthy relationship with technology supports their well-being and learning. Here's how to promote balanced and positive screen time:

- **Set Consistent Limits:** Establish clear rules around daily screen time, including device-free times like meals and before bed.
- **Choose Quality Content:** Encourage apps, games, and shows that are educational, age-appropriate, and promote creativity or critical thinking.
- **Encourage Active Use:** Support activities that involve creating (like coding, video editing, or digital art) rather than passive consumption.
- **Co-Engage When Possible:** Watch or play together to discuss content and model thoughtful media use.
- **Promote Offline Interests:** Encourage hobbies, sports, reading, and social activities outside of screens to balance their day.
- **Model Healthy Habits:** Demonstrate balanced tech use yourself to set a positive example.

By guiding your preteen in digital balance, you're helping them develop lifelong skills for managing technology wisely

ENCOURAGING LEADERSHIP AND RESPONSIBILITY

The tween years are an ideal time to nurture your preteen's leadership skills and sense of responsibility. These qualities build confidence and prepare them to contribute positively to their communities and future endeavors.

Provide Opportunities to Lead

Encourage your child to take charge in small ways, such as organizing family activities, helping younger siblings, or leading group projects at school or in clubs.

Teach Accountability

Help your preteen understand the importance of owning their actions and learning from mistakes. Discuss how their choices affect themselves and others.

Promote Teamwork and Collaboration

Encourage participation in group activities that require cooperation, such as sports teams, clubs, or community events. Highlight the value of listening and supporting others.

Set Realistic Goals

Help your child set achievable personal goals and celebrate progress. This builds motivation and a sense of accomplishment.

Model Leadership Behavior

Demonstrate qualities like integrity, empathy, and problem-solving in your own actions. Your example is a powerful teaching tool.

By fostering leadership and responsibility now, you're empowering your preteen to become a confident, compassionate individual ready to make a positive impact.

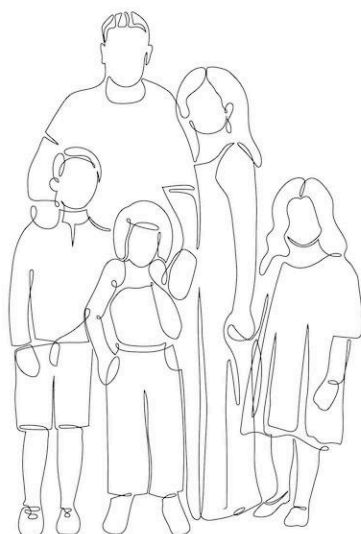
CONCLUSION: SUPPORTING STRONG, RESILIENT PRETEENS

The tween years are a time of incredible change and growth. By supporting your child's development of resilience, confidence, and compassion, you're helping them build a strong foundation for the challenges and opportunities ahead.

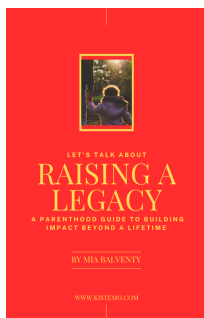
Remember, resilience isn't about avoiding difficulties but learning to face them with courage and a positive mindset. Your guidance, patience, and love provide the safe space your preteen needs to explore, make mistakes, and grow.

As your child navigates this transformative stage, celebrate their efforts and encourage their strengths. You are raising not just a child but a capable, resilient individual ready to make a meaningful difference in the world.

Thank you for investing in your preteen's journey and future legacy.



RESOURCES YOU MIGHT LIKE



Raising A
Legacy
Parenting
Guide



Exploring the
world:
Parenting guide
for (ages 7-9)



Tiny Steps:
Parenting guide
for (ages 0-1)



Empowering
Preteens:
Parenting guide
for (ages 10-13)



Building
Foundations:
Parenting guide
for (ages 4-7)