

Per Wickstrom Helps Parents Mend Broken Relationships with their Kids in Latest Blog Post

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— - [Per Wickstrom](#), the CEO of Best Drug Rehabilitation and principal writer on his popular website that helps individuals and families overcome obstacles, has published a poignant and practical new blog post to help parents mend broken relationships with

their kids.

The practical strategies and tips that Per Wickstrom writes about in his blog post include:

- Acknowledging the problem. Regardless of who's at fault, or how the problems should be solved, the first step that parents have to take is to acknowledge that a problem – or perhaps, more than one problem – exists.
- Put aside “right” and “wrong.” Often, the need to be seen as “right”

supersedes the need to actually solve a problem. And while some kids may lack the maturity and life experience to let go of “right” and “wrong,” parents need to show real leadership by re-framing the issue so that everyone can be right. Surprisingly, many kids will accept a solution as long as they don’t feel like they’re bullied into accepting it.

- Communication is the key. While parents and kids may be using the same words (i.e. “responsibility” or “maturity” or “freedom” and so on), their interpretation can differ – sometimes dramatically. As such, parents need to take a step back and ensure that the message that they’re sending out is, in fact, the same one that is being received. If not, they need to adjust the message so that real communication actually takes place.
- Be a friend. Though they may drive their hard working and under-appreciated parents up the wall, the fact is that kids today are under enormous -- and in many ways unprecedented --pressure. While parents cannot afford to forget the responsibilities and obligations of their role, they can certainly remember to be a friend at the same time and show care and compassion.
- Find common ground. There are some problems that may be too complicated to solve, or that simply cannot be solved in the short term (i.e. kids wanting things that their parents cannot afford, etc.). However, that doesn’t mean that parents can’t search – and find – common ground with their kids, and engage them on that level. Even the smallest thing, such as watching a football game together or seeing a movie, can lay the foundation for what will eventually be a strong, lasting bond.

Added Per Wickstrom: “It’s also important for parents to remember that they need to customize their approach to their kids’ specific needs, and the requirements of each situation. There’s no one-size-fits-all approach to parenting, which is why it’s one of the most difficult – and yet, one of the most

rewarding – jobs in the world!”

The full version of Per Wickstrom’s blog post “How to Mend a Broken Relationship with your Kids” is available on his [website](#).

About Per Wickstrom

Per Wickstrom is the President and Founder of Best Drug Rehabilitation, a drug and alcohol rehabilitation center focused on helping individuals through holistic and natural methods. Per believes that it's never too late to turn your life around and do something positive with your life - he is living proof that hard work, perseverance, and a positive attitude can overcome any negative situation.

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