



What Your Teenage Grandchildren Love to Do

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ABOUT THE AUTHOR

Dr. Hancock has written a regular weekly column entitled “All Psyched Up” for newspapers in two Canadian provinces for more than a dozen years. Over the years, her readers and clients have said that they have benefited from her common-sense solutions, wisdom, and sense of humour. Dr. Linda Hancock, the author of “Life is An Adventure...every step of the way” and “Open for Business Success” is a Registered Psychologist who has a private practice in Medicine Hat. She can be reached at 403-529-6877 or through email office@drlindahancock.com

Published

April 14th, 2009

Sometimes grandparents state that they don't understand teenagers. Today I have been with my 14-year-old grandson and he has helped me understand what he enjoys.

Here are the things that Alexander enjoys:

1. Xbox - This is a game system which is self-contained. He can lose all sense of time with this.
2. Movies - He prefers comedy, action, adventure but not romance.
3. Cooking - His favourite thing is to be able to eat it when it is done. He likes making up new recipes. Today I watched him eat an open-faced toasted peanut butter and honey and banana sandwich.
4. Skiing - The family lives a few miles from the mountains and Alexander therefore has opportunity to enjoy downhill skiing. He rents the equipment.
5. Swimming - They have an above-ground pool in the backyard and a hot tub. Alexander has taken swimming lessons to level 8.
6. Girls - He enjoys looking at girls, talking to them in person or through the internet.
7. Facebook - Alexander likes to post different profile pictures, talk to friends, and use applications such as games.
8. Music - He took hip hop dance lessons and enjoys rap artists.
9. Drums - Alexander plays drums in the jazz band at school. Half of his bedroom is filled with a full set of drums.
10. Family - He states that he loves spending time with his parents and younger brother and grandparents. Together they do many different things such as play board games, watch movies, talk, and write articles for this website.

Preparing this article was enjoyable. Perhaps you could do the same with your teenage grandchild and get to know him or her better.