

Tips for Parenting Teens

<p>Tips For Parenting</p> <ul style="list-style-type: none"> • Listen! Talk less and listen more. Invite conversation by asking open questions and then listening. • Share your vision. Let your teen know your hopes and dreams for him/her. • Encourage Independence. Think about providing lot's of practice what to do in difficult situations. • Practice difficult situations. Set up situations and "what if's" to practice what to do in difficult situations. • Encourage choice. When your teen makes the choice, it's easier to live with the consequences. • Provide information. Give factual information to your teen as they need it to make healthy decisions. • Be proactive by establishing clear positions. Be clear on your guidelines, monitor and follow-up on consequences. • Monitor. Talk to other parents, observe, ask questions, and follow through with your family position. • Model. Your teen learns from your behavior. Treat your teen the way you would like to be treated. 	<p>Common Parenting Mistakes</p> <ul style="list-style-type: none"> • We talk too much! Listen to yourself sometime. If you get tired of hearing yourself talk, it's a good sign you are talking too much. • We fail to grow with our children. Sometimes we think the strategies we used when our child was 5 years old will work when they are 14. • We attend to negative behavior. The old saying, you raise what you praise is true. What behaviors do you attend to? • We tell children what <u>not</u> to do, not what <u>to</u> do. Provide expectations about the behavior you want to see, not just what you don't want to see. • We react after a mistake has been made. Rules should be set up before the problem behavior not after the fact. • We forget to have FUN with our teens. In the day to day tasks that we have, we often fail to have fun with our kids. 	<p>Three Alternatives To Saying NO</p> <ol style="list-style-type: none"> 1. Ask me later. 2. Let me think about it. 3. Convince me.
---	--	--

This material was developed by Mary Casey-Goldstein, Kevin Haggerty and Richard Catalano, (2002) "Raising Healthy Children Navigating Independence Booster Session", Funded by the National Institute on Drug Abuse