

## Tips for Parenting Teens

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