

Key Principles for Parenting

During the teen years!

Think Problem Solving – NOT Rule Enforcement

- What's your understanding of ...?
- How can I help you solve this problem?
- What do you need to do?
- It sounds like you have a problem here, what you need is a plan.
- What kinds of things have you already thought of?

Make Room for New Opportunities

- What did you learn from this experience?
- Have you thought about trying?
- What kinds of things did you find out about?

Take Time to Be a Presence in Your Teen's Life

- I'd like to know what you think about ...
- Your ideas are important to me.
- What do you think we could do to improve?
- Let me be sure I understand what you are telling me.
- What do you like most about ...? Least about ...?
- What are you feeling about ...?

Celebrate, Recognize, Reward

- "Great job!"
- "Thanks! I appreciate it when you ..."
- "You have a great gift for ..."

Decide What Matters – Your Standards Matter!

- "What's your understanding of what's expected in our family?"
- In the overall scheme of things, this really isn't that important, I need to keep it in perspective.

Show Your Love

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