

TIPS FOR PARENTING TEENS

- 1. TRY TO UNDERSTAND YOUR TEEN'S " PRIVATE LOGIC". DON'T ASSUME YOU KNOW THE EXPLANATION FOR WHAT AND WHY YOUR TEEN IS THINKING**

INSTEAD, RESPECTFULLY ASK TO UNDERSTAND. OFTEN, THE ANSWER WILL SURPRISE YOU. THERE IS A LOGIC, AND IT ISN'T YOURS

- 2. USE THE "I FEEL BECAUSE " FORMULA TO TELL YOUR TEEN WHAT YOU NEED.**

EX. I feel upset about you leaving your bike in the drive because when I back out of the garage I have to get out and move it. I would like you to put it in the garage instead of leaving it out

- 3. USE THE "YOU FEEL " FORMULA TO LET YOUR TEEN KNOW THAT YOU ARE TRYING TO UNDERSTAND WHAT HE OR SHE IS FEELING AND THINKING. EX:**
You feel angry and frustrated when you come to me to talk and I give your solutions instead of just listening.

- 4. FEWER WORDS ARE BETTER – USE GESTURES INSTEAD**

When making requests of your teen, use the as few words as possible. Don't talk in paragraphs.

THE TEN WORD RULE. *Limit your statements to ten words or less.*

THE ONE WORD RULE. *As a reminder of a past request, say only one word.*

EX: "Towel" - as a reminder to pick of the towel off the bathroom floor

THE NO WORD RULE.

EX: When responding to a request that you have already denied, with hands on hips simply give an "I-can't-believe-you're-asking~-me-that" look

- 5. SPEND TIME THAT COUNTS**

Create a fun activity list and plan at least one activity a week together

- 6. GET PERMISSION BEFORE GIVING ADVISE**

- 7. AVOID THE BLAME GAME - TRY TO UNDERSTAND**

- 8. USE THE WIN-WIN FORMULA TO NEGOTIATE DIFFERENCES**

- 9. IN DISCUSSION, STICK TO THE ISSUES AND NEEDS AND OFF OF YOUR TEENS CHARACTER OR PERSONALITY -KEEP IT ON THE TIME AND THE TOPIC**

- 10. HAVE REGULAR FAMILY MEETINGS TO COMMUNICATE NEEDS, FEELINGS, AND TO PROBLEM-SOLVE AND PLAN FOR FUN.**

Adapted by Gabrielle Lawrence, Ph.D. from *Positive Discipline for Teenagers* by Jane Nelsen and Lynn Lott, Rocklin, CA: Prima Publishing, 1994.