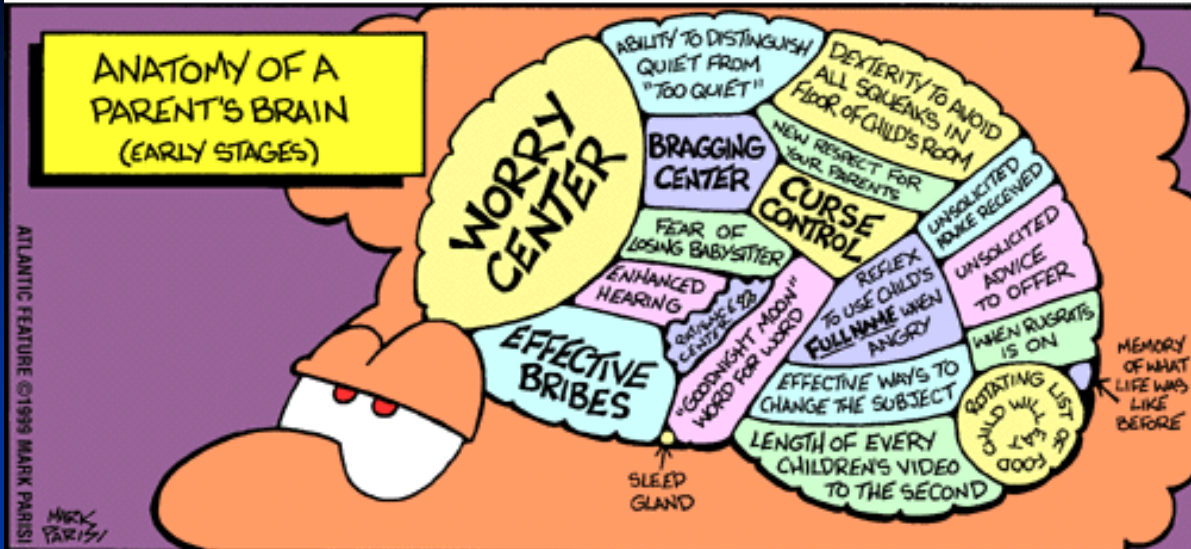


Parenting Teens with Love, Logic and Boundaries

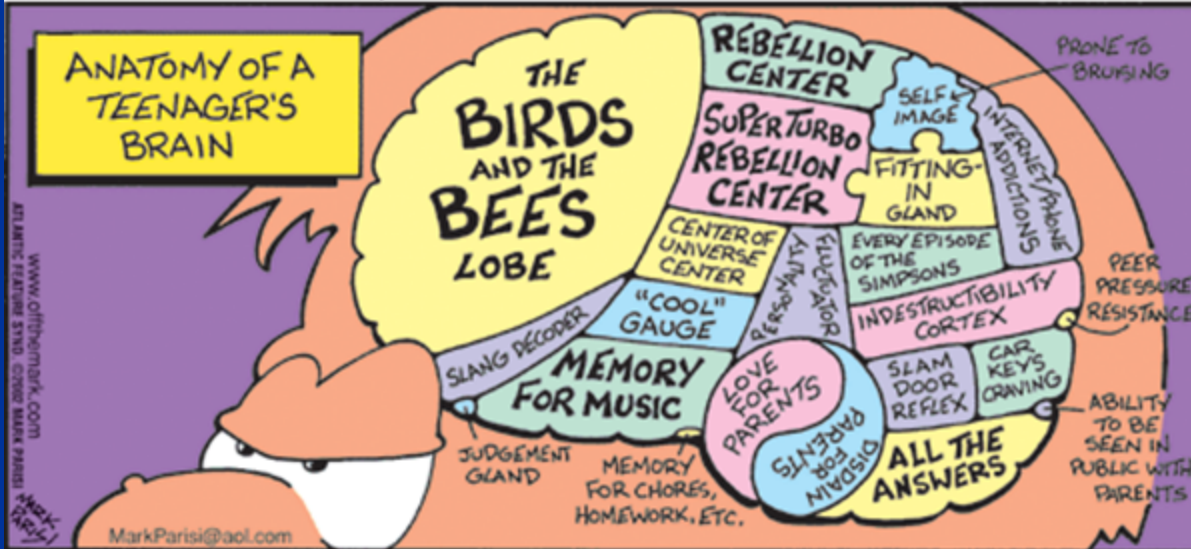
Presented by:

Donna Wood

Teague Middle School



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- **LOVE** allows teens to grow through their mistakes
- **LOGIC** allows teens to live with the consequences of their choices
- **BOUNDARIES** allow teens to feel loved and learn responsibility

Topics

- Understanding the developmental changes of teens
- Working toward raising responsible teens
- Why boundaries are important
- How parenting style influences teens

The **Wild** and **Wonderful** Challenges of Parenting Teens

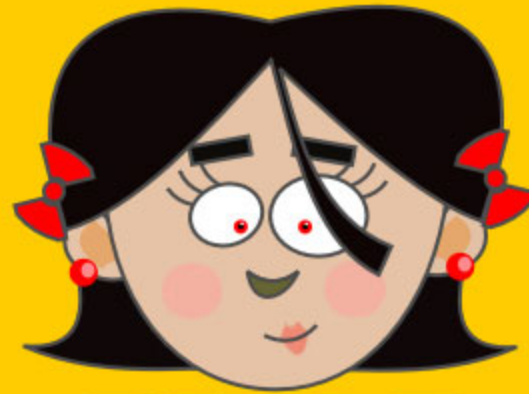
- Adolescence is the “toddler stage” of adulthood
- They begin to think differently; the world centers around them
- The brain takes longer to mature
- The judgment center is not fully developed
“What were you thinking?” They weren’t.

Oh those **hormones!**

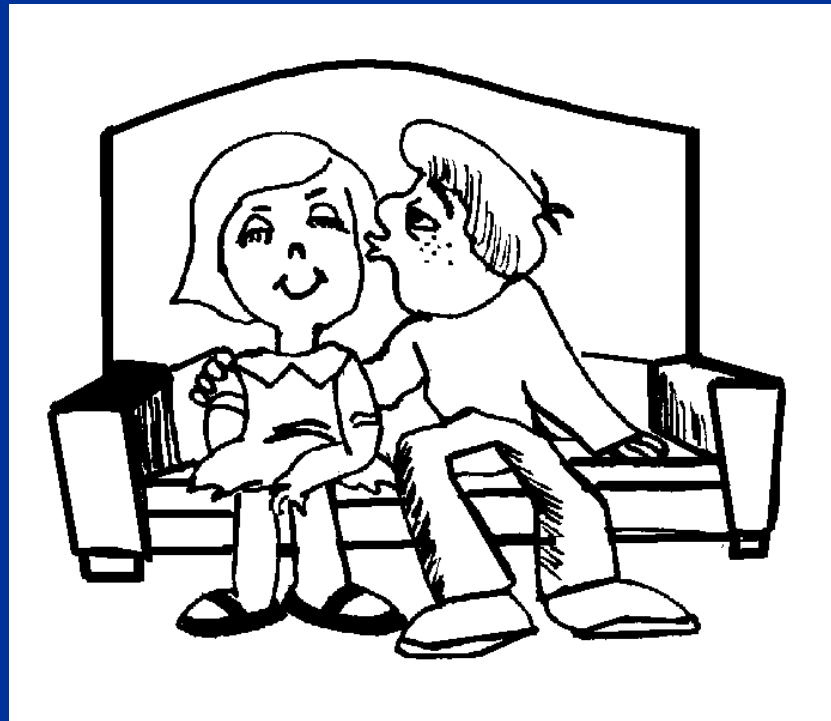
- Physical changes cannot be minimized
- Even teens don't like or understand the changes
- Your little boy and little girl change



BOYS



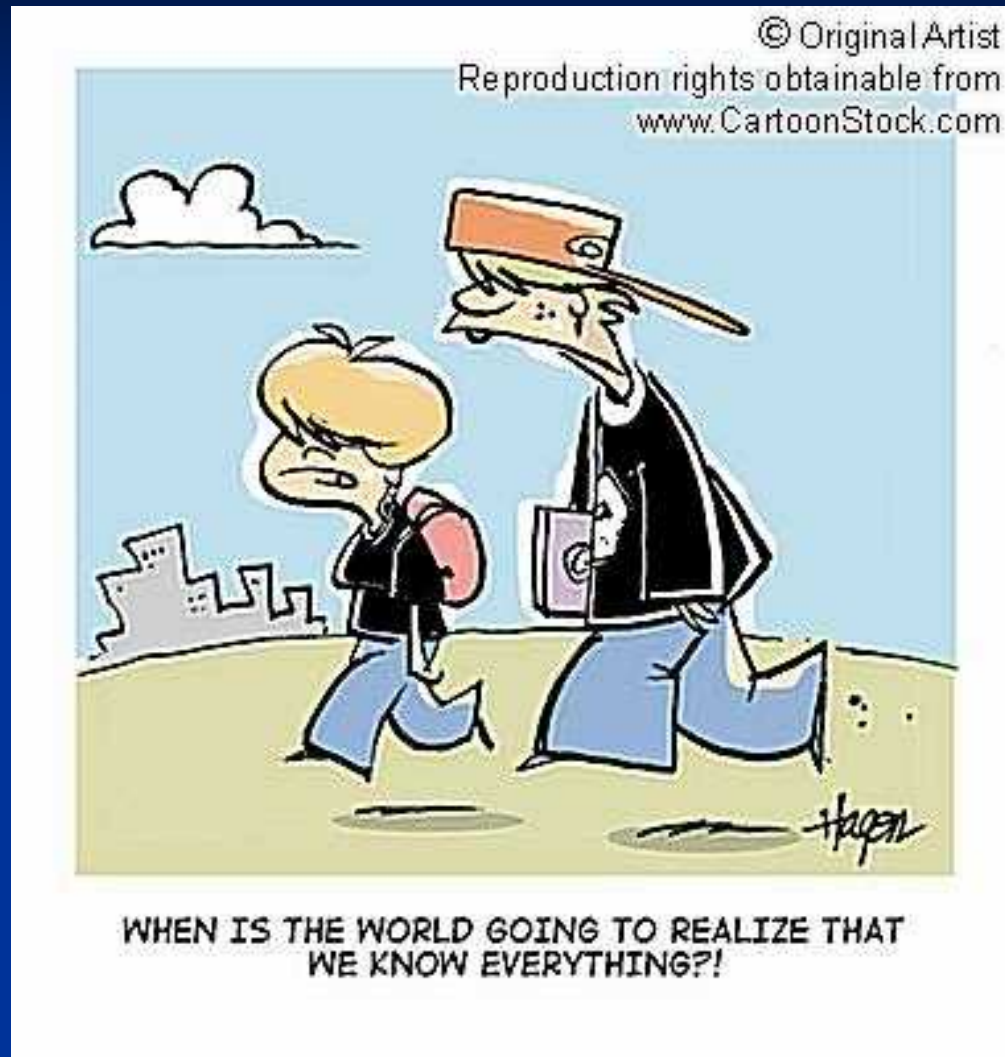
GIRLS



Physical changes continued

- Emotions and thinking change
- Moodiness
- Self concept is critical during this stage

- You will be less likely to hear long detailed stories about school, friends, etc.
- Teens begin to question, rather than merely accept
- Instead of “Mom/Dad I don’t get it.” you will hear “Mom/Dad you just don’t get it.”

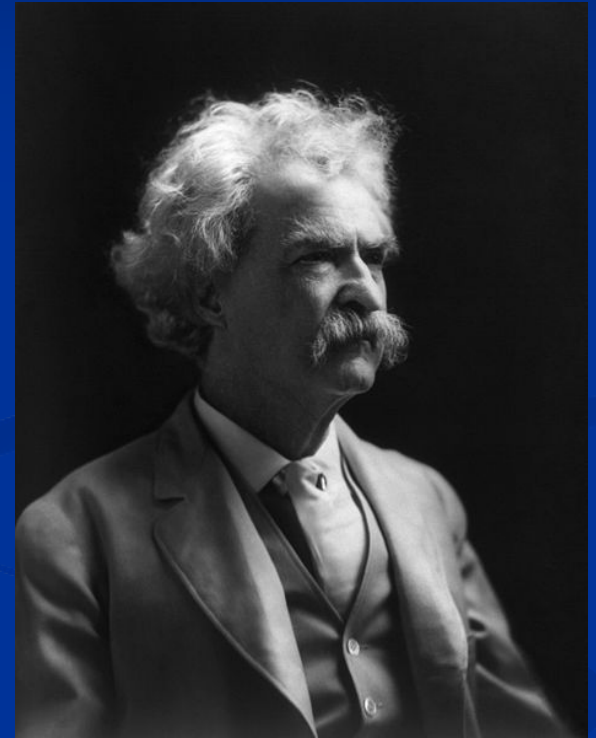


Your teen would rather be with their friends than home with you.



Mark Twain's perspective

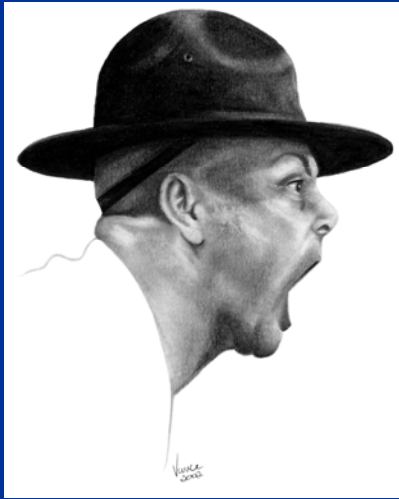
“When I was a boy of fourteen, my father was so ignorant I could hardly stand to have the old man around. But when I got to be twenty-one, I was astonished at how much the old man had learned in seven years.”



There is hope!

Parenting Styles

■ Helicopters



■ Drill Sergeants



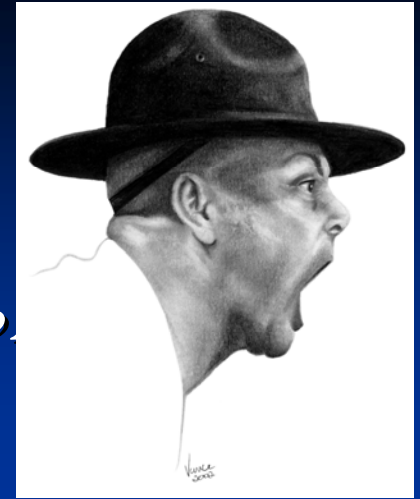
■ Consultants

Helicopter Parents

- They hover, protect
- Bring forgotten lunches, papers, band instruments
- The implied message is :
“You need me to protect you, to do things for you, and to rescue you.”



Drill Sergeants



- Sound angry even when they aren't
- Admonishing index fingers
- The “I don't care, do it my way.” “Do it now.”
- Orders and threats
- Message: I can't let you make decisions because you will make mistakes

Consultant Parent

- Available to actively listen
- Able to offer options/suggestions
- Willing to describe how they think through problems or concerns
- Message: The teen is capable and retains ownership of the situation

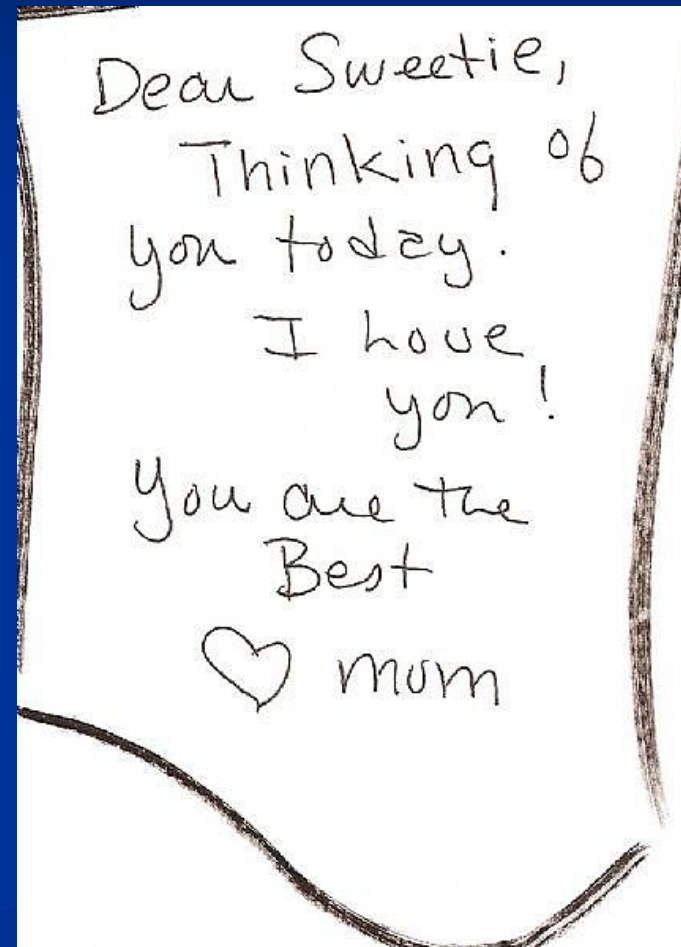


How to Build Your Teen's Self Concept

- This isn't about feel good words, but actions
- Provide stated and unstated messages of unconditional love
- Provide messages of “I value you”
- Messages of “I know you are capable”
- Model your own healthy self concept

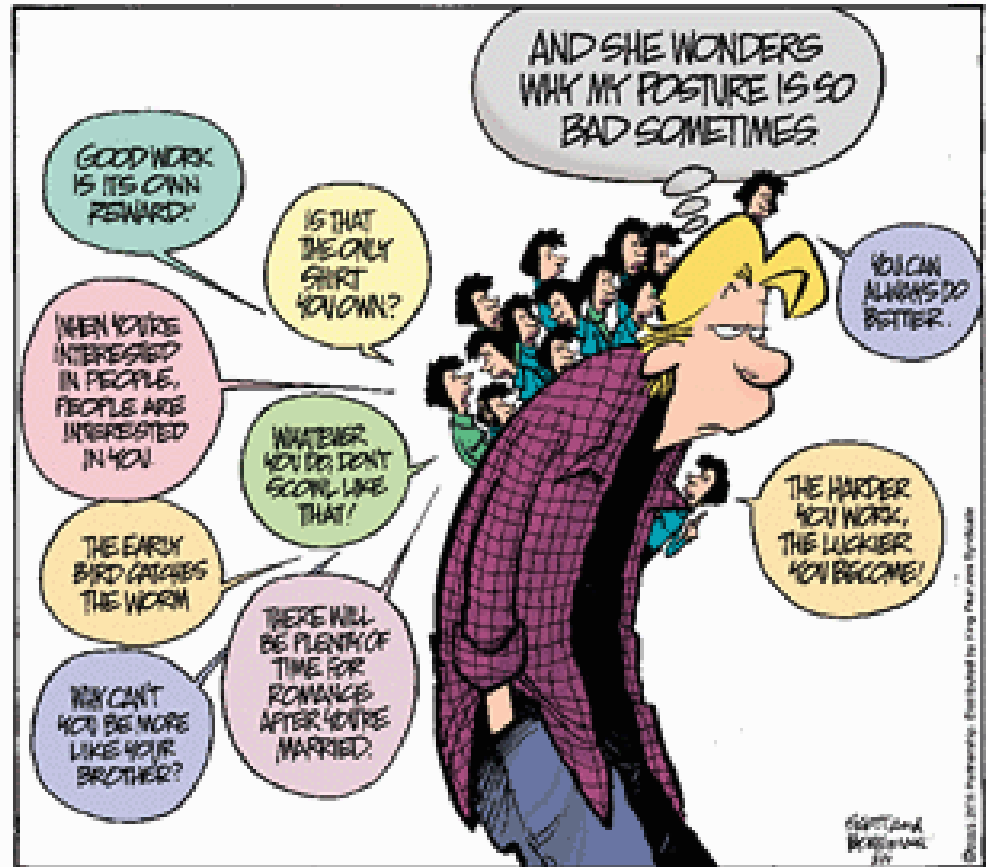
How we listen makes a difference

- Focused
- Eye contact
- Touch
- Smiles



Things that may damage self concept

- Excessive criticism
- Overprotection or overindulgence
- Neglect
- Comparing to others
- Allowing teens to be disrespectful
- Perfectionism (conditional love)



The Three Voices of Teen's Self Concept

- #1 “I am loved by the magic people in my life.”
- #2 “I have just as many skills as I need for a person my age. I am okay.”
- #3 “I can take control of my life. I can take responsibility and make decisions for myself, and **I can live with the consequences of my decisions or actions.**” (This is key)

Battling with Your Teen

- Avoid control battles at all costs
- If you must have a control battle – **WIN** at all costs.
- Choose the issue carefully and deliberately without threatening.
JUST DO IT.



Important Battles

- Insist on respect from your child, just as your child deserves your respect.
- Modeling is critical
- Have control over the basic conduct in the house/family life
- Give choices to your teen when you can

Preparing for the Future

“We prepare teens for the future by teaching them how to think, how to respond to the stressful influences they face, and how to make their own decisions and live with the consequences.”

Basic Needs

Teens today have the same three basic needs of teens a generation ago.

- The need to feel **loved** (affection)
- The need to feel **included** (belonging)
- The need to feel **in control**

Control and Choices

- “Would you rather wash the car this morning or this afternoon?”
- “You are welcome to ____ or ____.”
- “Feel free to ____ or ____.”
- “What would be best for you, ____ or ____?”

- Select only choices you can live with
- Never give a choice unless you are willing to allow your teen to experience the consequences of that choice
- Never give choices when there is danger

Saying “NO”

- Say **no** as seldom as possible
- Say **no** as much as necessary
- Mean business when you do say **no**



Anger Teens and Discipline Don't Mix

■ Principle #1

- If it is not an emergency, it doesn't have to be handled now.
- “Unlucky for you, I'm angry right now. Lucky for you, we aren't going to talk about it until...”

■ Principle #2

- The angrier you feel, the more important it is to lower your voice.

■ Principle #3

- Take time to talk it over with your spouse, family, etc.
- It is difficult to function in the “emotional state”; move into the “thinking state”

Letting Teens face Consequences

- Avoid rescue mode
- “How can I help you best?”
- “What do you plan to do to handle....”

Setting Boundaries

With boundaries you are providing the stability, clarity, and motivation your teen needs to begin to learn self-control and responsibility.

Setting Boundaries: Four Basic Components

- **Love** – the message is : I am on your side.
- **Truth** – the message is : I have some rules and some requirements.
- You can choose to respect or reject the rules
- **Reality**- the message is: here are the consequences

- Teens need to know the expectations with the family and the rules and consequences.
- Your family could develop a **Mission Statement** to reflect the expectations

- Depending on the **maturity or immaturity** of your teen your expectations may need to be specific and understandable
- **Mature** : “ I expect you to clear your dishes from the dinner table and put them in the proper place.”
- **Immature**: “I expect you to pick up your plate, fork, knife after a meal, rinse them off and put them in the dishwasher.”

You reap what you sow

Teens need to experience **logical consequences**. This is how they learn good behavior/choices most often brings good results, and poor behavior/choices may bring uncomfortable results.

Parenting Advice from Teens

- *“Don’t tell other parents about my business.”*
- *“When we’re not in a good mood, leave us alone!”*
- *“Don’t get mad over one bad grade.”*
- *“I would say, just love them and have some control but let them make their own mistakes.”*

■ Out teenagers need us, just as they did when they were toddlers.

■ **Buckle up, hold on, and enjoy the journey.**

Resources for this presentation

- “Boundaries with Teens” by Dr. John Townsend
- “Parenting Teens with Love and Logic” by Foster Cline and Jim Fay
- “Helicopters, Drill Sergeants and Consultants” by Jim Fay
- “Ten Best Parenting Ways to Ruin Your Teenager” by Israel Galindo & Don Reagan
- “The Seven Habits of Highly Effective Families” by Stephen Covey

Inspiring Stories...

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