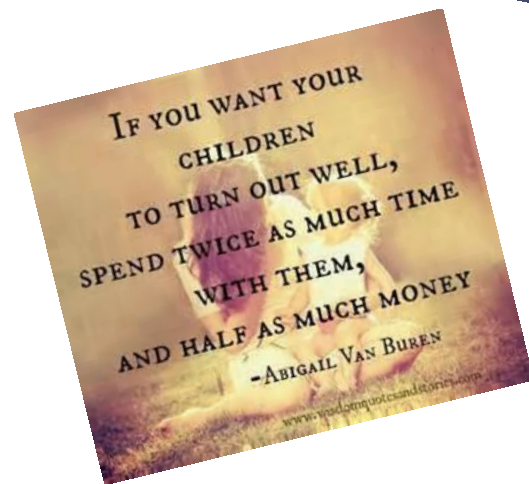


Parenting Adolescents Seminar Handout 2018

Tips for Parents...Forewarned is Forearmed!

- ▶ Hold on to your adult self
- ▶ Relinquish control gradually
- ▶ Discuss rules collaboratively
- ▶ Choose your battles wisely
- ▶ Model responsible processes
- ▶ Provide acceptable choices
- ▶ Acknowledge good attributes
- ▶ Ignore minor bad behaviour
- ▶ Actively listen to their views
- ▶ Communicate openly
- ▶ Don't bring up past mistakes
- ▶ Encourage outdoor activity



Summary Comments

- ▶ Your child is no longer a child once they hit adolescence
- ▶ It's a time to work on building a positive relationship with your budding adult
- ▶ It's normal for young people to change quite suddenly and in a variety of ways in their early to mid-teens
- ▶ It's important that you remain calm and provide a stable and predictable base for your young person to turn to
- ▶ A messy room is okay ... don't sweat the small stuff
- ▶ Try to zero in on the personal qualities and attributes you want them to develop rather than being mainly focused on grades or achievements

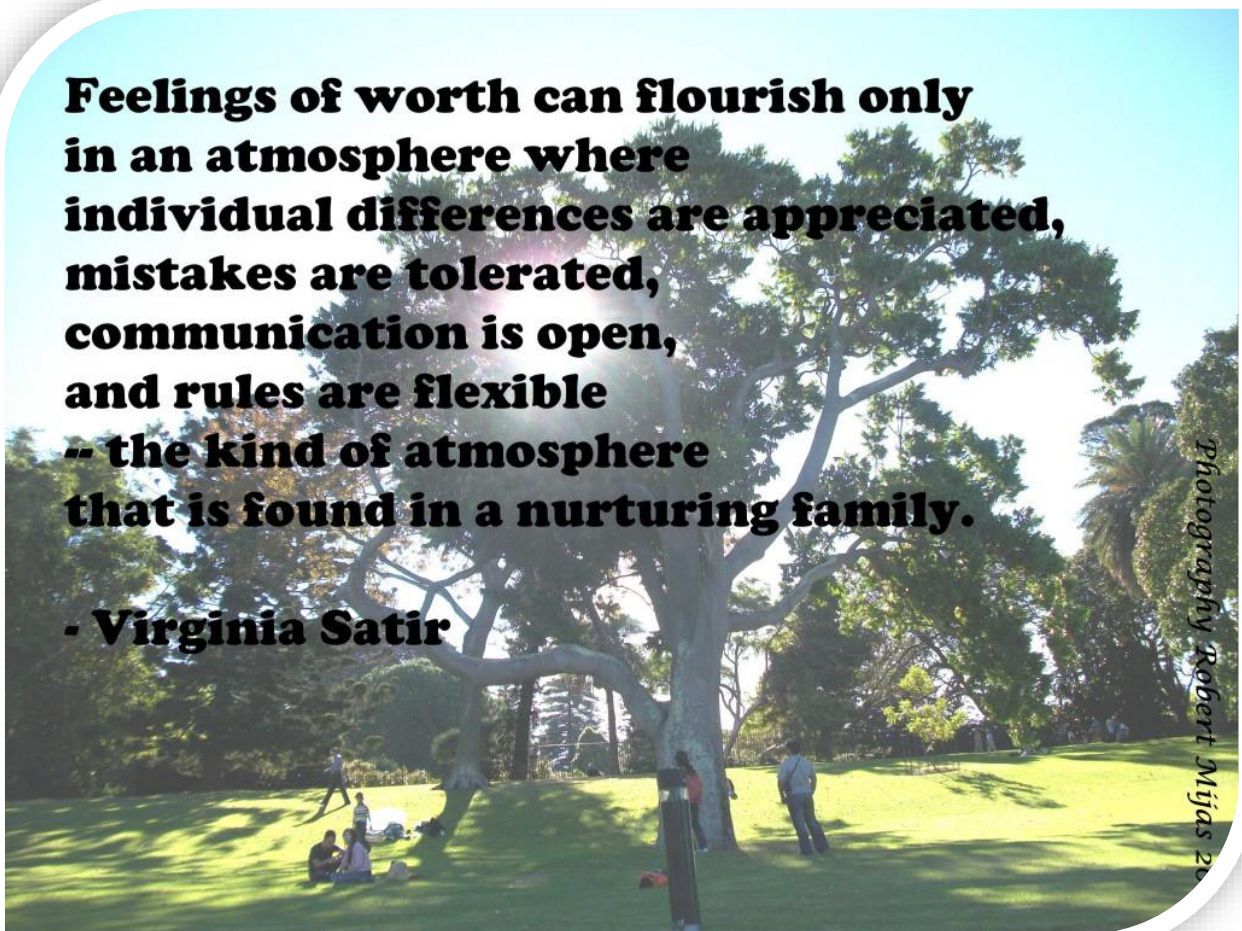
Parenting Adolescents Seminar Handout 2018

So what is our main task as parents?

- ▶ Foster positive attributes So we send good citizens out into the world.
- ▶ Avoid 'Helicopter Parenting'
- ▶ Facing difficult times and coping with setbacks builds character.
- ▶ Good grades are commendable but if we only focus on these, our children get the message that they are valued for what they achieve rather than for who they are.

**Feelings of worth can flourish only
in an atmosphere where
individual differences are appreciated,
mistakes are tolerated,
communication is open,
and rules are flexible
-- the kind of atmosphere
that is found in a nurturing family.**

- Virginia Satir



Photography Robert Mijias 2018



Virtues: The Gifts of Character

- | | |
|----------------------|------------------------|
| Assertiveness | Integrity |
| Caring | Joyfulness |
| Cleanliness | Justice |
| Commitment | Kindness |
| Compassion | Love |
| Confidence | Loyalty |
| Consideration | Moderation |
| Cooperation | Modesty |
| Courage | Orderliness |
| Courtesy | Patience |
| Creativity | Peacefulness |
| Detachment | Perseverance |
| Determination | Purposefulness |
| Diligence | Reliability |
| Enthusiasm | Respect |
| Excellence | Responsibility |
| Flexibility | Self-Discipline |
| Forgiveness | Service |
| Friendliness | Tact |
| Generosity | Thankfulness |
| Gentleness | Tolerance |
| Helpfulness | Trust |
| Honesty | Trustworthiness |
| Honor | Understanding |
| Humility | Truthfulness |
| Idealism | |