

Effective Parenting

Part One:
Communicating with
your Teen

Gary L Anderson, LPC





Why are we Communicating?


- Relay information
- Gather information
- Foster understanding
- Helping and Caring
- Improve the relationship

- We are *ALWAYS* communicating – it is important to be aware of the messages we send!




Thinks to think about...

- My choice of words..
- The perspective of the other person...
- NON-verbal messages (even over a distance)
- History-previous patterns of communicating
- Lack of effective communication

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- Open, effective communication benefits not only the children, but every member of the family. Relationships between parents and with their children are greatly improved when there is effective communication taking place. In general, if communication between parents and their children is good, then their relationships are good as well.

Communication is the thermometer for the health of the relationship



It is the Parents who set the standard for the level of communication that needs to take place.

- Maintain the expectation that healthy communication is ongoing and frequent
- As parents, you should model healthy and appropriate communication for the children to observe



Shared, responsible decision making begins with good communication. A foundation of good communication skills helps strengthen mutual respect and trust in a family.

Inappropriate Parent/Child communication

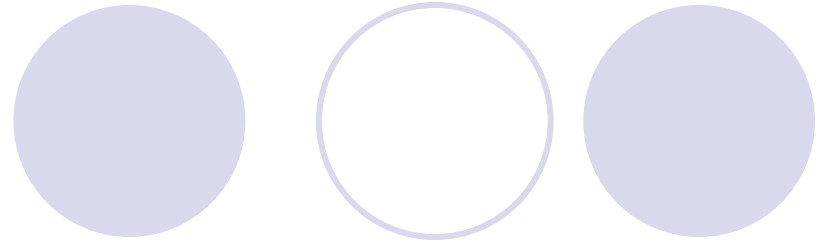
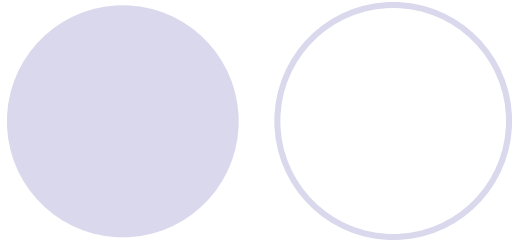


- Conflicts or criticisms between parents/spouses.
 - *Exemplify mutual respect*
- Business or financial issues
- Gossip or challenges regarding other family members
- Bringing up the past



Communication Roadblocks

- Judging/Blaming
- Criticizing
- Cross-Examining, Prying, Probing
- Avoiding
- Moralizing
- Incongruence (words and behaviors don't match)
- Commanding/Ordering
- Teasing, Threatening, Sarcasm



What do we talk about?

Share your values

The title is positioned to the left of a decorative graphic consisting of six circles in a horizontal row. The circles alternate in color and fill: a solid light purple circle, an empty light purple outline circle, a solid light purple circle, an empty light purple outline circle, a solid light purple circle, and an empty light purple outline circle.

- What is important to you and why?
- Your hopes for your child?
- Your spiritual beliefs
- Your values
- Your challenges and how you overcame them.

Establish appropriate boundaries



- Set high standards and expectations
- Be consistent
- Understanding does not mean approval
- Don't assume that they know
- Be clear on your limits

Reinforce positive decision making

Allow your teen to take responsibility and make choices. Try not to criticize a mistake or place blame.

When your child handles responsibility well, pay compliments and gradually give more opportunities to succeed and learn.

- *“I am proud of the way you handled that.”*
- *“How do you feel about the way that situation turned out?”*
- *“Did that choice reflect your personal values?”*

Encourage Problem Solving Skills

It is sometimes difficult not to just “point out” the right decision – or the path you want your teen to follow.

Occasionally, you need to be willing to let them work through the process or making a decision and seeing how things are going turn out.

- “Tell me what you think is going on.”
- “What might happen if.....”
- “Which option is going to lead you to where you want to be?”

Develop choice and accountability

- “Was that the outcome you had hoped for?”
- “What could you have done better?”
- “In the future, how can you deal with that situation differently?”
- “What did you learn from that experience?”

You are free to choose – you are NOT free to choose the consequences of your choices.

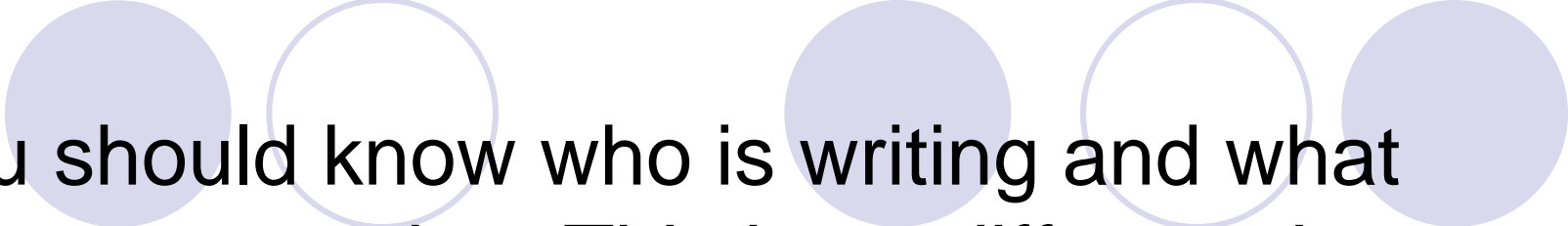
The W's



- Who....
- What are you going to be doing? What do you hope to accomplish?
- When can I expect... (completion and commitment)
- Where will you be.. Where will that get you...
- Refrain from “Why...” It makes little difference after the fact.
- How can I support you in that?

Parent calls and Emails

- It is important to be consistent.
 - Your student should be receiving 2-3 QUALITY e-mails each week.
 - If the student were living at home would you only be talking to them once a week?
- Keep your scheduled time for Parent calls.
 - Level 1-2 ~ 2nd and 4th Thursday
 - Level 3 ~ 1st, 2nd and 4th Thursday
 - Level 4 ~ Weekly calls

The top of the slide features five decorative circles arranged horizontally. From left to right, the colors and styles are: a solid light purple circle, a white circle with a light purple outline, a solid light purple circle, a white circle with a light purple outline, and a solid light purple circle.

You should know who is writing and what they are saying. This is no different than the role you should be taking as a parent if your son were living at home.

- Who are their friends?
- How are others influencing my son?
- What attitudes and behaviors are being expressed in the E-mails my son is writing?

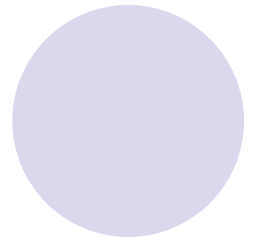
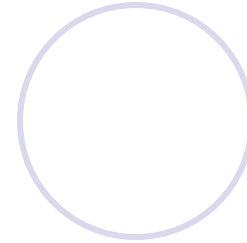
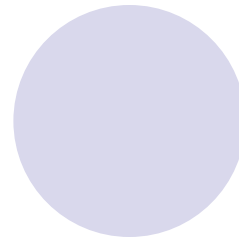
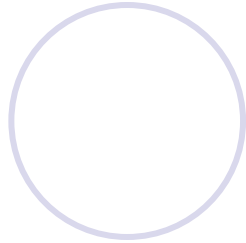
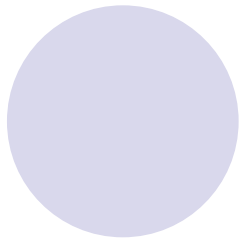
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Teaching Responsibility

Parent calls and emails become your opportunity to TEACH. You teach your child what is, and is not, acceptable by what you allow or tolerate. That which we don't confront ~ we condone. You must be willing to speak up, and hold your child accountable for the language and attitude reflected when it becomes detrimental to their progress as an individual.

Profanity and Inappropriate Language

- Profanity in emails (and at home)
 - As parents, you should have zero tolerance for the use of profanity
 - Respond to the use of inappropriate language in emails directly.
 - Remind your student that you will not tolerate the use of profanity or inappropriate language.
 - Plainly state that you are disappointed and that you expect a higher level of conduct from them.
 - Remind them of their responsibility to find more appropriate language to accurately describe the situation or emotion.
 - Inform them that you will be forwarding the inappropriate letter to their counselor (me) to address the issue.



- In a PPC setting - The use of profanity is an "Authority Problem" as well as an "Inconsiderate of others" and "Inconsiderate of self" problem. It is a structure violation.



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Give your children too much love and not enough money.

The most important things you should feel compelled to give your children are protection, preparation for the world, and love. Everything else is a luxury.

Dr. Phil McGraw