



GENERAL PARENTING TIPS AND TRICKS

| <u>Do:</u> | <u>Don't:</u> |
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| <ul style="list-style-type: none"> • Set clear rules and expectations • Be reasonable and consistent • Provide structure • Set clear and reasonable rewards and consequences • Acknowledge successes and when your child is doing well • Stay in control of your own emotions • Recognize power struggles • Let your child have a voice in problem solving, rules, discipline • Be involved with school staff and other parents • Be a parent, not a friend • Understand that some differences and conflict are normal • Put yourself in your child's shoes • Understand that it is natural for teenagers to be self-absorbed • Talk about the tough stuff. Ask their opinions. • Supervise your kids and teens. • Take early warning signs seriously • Engage in time together • Provide opportunities to be responsible and competent in the home and in the community • Use healthy communication & problem-solving skills • Focus on your child's strengths and find ways to either accept or strengthen their weaknesses • Celebrate individuality & uniqueness | <ul style="list-style-type: none"> • Be naïve • Normalize unhealthy behaviors (even if you engaged in them in your past) • Assume that "it's just a phase" • Use name calling/inappropriate language • Use verbal aggression • Use physical aggression • Accept blatant disrespect and defiance of rules and laws • Don't "disconnect" yourself during family time • Don't play games – if you know something (have evidence) open the conversation up with the fact that you know. Then ask them to tell you what happened. • Model unhealthy/inappropriate behaviors and relationships • Be unavailable • Believe that 18 years old equals adulthood • Focus only on your child's weaknesses |