

Parenting Tips From Terrie:

1. TAKE CARE OF YOURSELF. Nurture yourself and stick up for yourself. Ex: "I will talk with you as soon as you choose to talk respectfully." Make time for friends, a hobby, a class, quiet time.
2. BE A PARENTING TEAM. Don't argue about discipline in front of the child/teen. Don't triangulate the family (setting up a persecutor, victim, and rescuer role). Make regular dates with your partner and put them on the calendar.
3. LET YOUR CHILD OR TEEN BE HIS/HER AGE. Don't put him in the role of an adult (in a mother, father, housekeeper, counselor, or confidant role). Do give regular age-appropriate chores. Often give choices about chores and don't favor one child over another.
4. BE A GOOD ROLE MODEL. If you don't want your child/teen to smoke, swear, drink, do drugs, defy authority, argue, lie, manipulate, or be physically abusive... then don't do those things yourself. Model, Model, Model. Express expectations clearly in behavioral terms.
5. GIVE LOTS OF REASONABLE CHOICES EVERY DAY. "Do you want the red socks or green ones?" "Do you want to go to bed now or when the show is over?" "Do you want to put gas in the car before or after your date?"
6. ALWAYS "UPHOLD THE LAW" IN YOUR HOME. Support teachers, principals, police, and community leaders as much as possible. Be careful not to enable your child by excuse-making. If a pre-teen or teen becomes physically abusive with you or runs away, call 911.
7. HAVE RULES AND CONSEQUENCES ABOUT IMPORTANT THINGS. Use empathy and sadness when disciplining-- not anger. Follow through and be consistent. Don't yell or use hurtful names.
8. CATCH YOUR CHILD OR TEEN "DOING GOOD". Find behaviors about which to make positive comments or compliments. Give hugs and pats on the back; write notes of appreciation. Say "I love you" every day no matter what.

Also see:

www.123parenting.com

and

www.loveandlogic.com

Remember:

Discipline in love
..... not anger.

The "3-in-1 Rule":
three positives
to
every one negative.

Focus on what you hope
your child will become;

Not what you're afraid
your child will become.

Tell your child you love him/her
every day
...even when you're upset.

Smile, interact, and have fun!

Go to: www.psychologytoday.com