

BUILDING RELATIONSHIPS WITH CHILDREN

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Makes the problem the enemy, not the parent or teen

Uncovers hidden issues that lie behind the problem

1. Identify the problem.
2. Share thoughts and feelings and acknowledge your teen's thoughts and feelings
3. Generate solutions and future guidelines together (within limits that you as a parent can live with)
4. Decide on logical consequences if needed
5. Follow up to make sure agreements were kept (and to enforce logical consequences as necessary)

Logical Consequences Guidelines

1. Ask the teen to help decide the consequence.
2. Put the consequence in the form of a choice.
either/or choice
when/then choice
3. Make sure the consequence is logically connected to the misbehavior.
4. Give choices that you can live with.
5. Keep your tone of voice firm and calm.
6. Give the choice one time, then enforce the consequence.
7. Expect testing (it may get worse before it gets better).
8. Allow the teen to try again after experiencing the consequence.

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Parenting Adolescents
Menlo Park Presbyterian Church
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A Philosophy of Discipline – Six Broad Guidelines

1. Define the boundaries before they are reinforced.
2. When defiantly challenged, respond with confident decisiveness.
3. Distinguish between willful defiance and childish irresponsibility
4. Reassure and teach after the confrontation is over.
5. Avoid impossible demands. Be absolutely sure that your child is capable of delivering what you require.
6. Let love be your guide. Trust God for the impossible.