

PRINCIPLES TAUGHT IN



1. Work on learning to catch your teen BEING or DOING something right (We have to say “no” often enough during the adolescent years. Learn to take notice and give praise when your pre-teen or teen exhibits good character or a worthy heart attitude or positive behavior. Say “thank you” or “I appreciate you” to your teen when possible.)
2. When your teen stands out from the crowd, make a hero of him/her. Celebrate it!
3. Come up with a family reward: Cheerleader clap, Verbal praise in front of whole family, a “character key” to hang on a bedroom door, etc. Other ideas? _____
4. Practice confession and forgiveness (Ask for forgiveness rather than just say, “I’m sorry” ; teach your teen to “own” his error and take responsibility for his actions by modeling that attitude and behavior yourself.)
5. Decide with your husband ahead of time what your boundaries are on important issues.
6. BE a boundary for your teen ... to protect him.
7. After setting limits/boundaries also set appropriate consequences. Then be willing to enforce them.
8. Teach your child to decide ahead of time what to do in difficult situations
 - a. (i.e., what would he do if his friends at the mall talked about stealing something from a store, etc. Practice a plan together.)
9. Discipline for attitudes as well as behaviors.
10. When you have to say “no,” give an alternative (i.e. “you may not do this, but you may do this ...).
11. Everything you do with your teen happens within your relationship with him, so consistently work on that relationship. Pursue your teen. (One idea: Use a journal to “talk” to each other.)
12. Don’t be afraid to set high standards for your teen.
13. Often the natural consequences are the best learning tool.
14. Learn not to be afraid of being seen as an “old fuddy duddy,” because of the boundaries you set with your teen! Your teen needs for you to be the parent.
15. When your teen fails, give grace in your attitude, even when you have to enforce consequences.