

Parenting Teenagers



**Solution
Based
Casework**

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1. **Set realistic rules** about curfew, where-a-bouts, and acceptable behavior. Make sure the rules are clear, repeated consistently and matter-of-factly.
2. Enforcing the rules will go much better if you can insure that other adult **family members are in a general agreement** with the rules and will support them if necessary.
3. **Involve your teenagers in the decisions** about rules as they mature. Encourage their involvement whenever possible.
4. **Determine specific consequences/punishment** for breaking the family rules (i.e. grounding, transportation, special privileges, telephone calls, being with friends, etc).
5. **Make the consequence “fit the crime”**. Sometimes a small consequence that is easily enforced is better than a big consequence that may be very difficult to enforce.
6. Balance your discipline with **equal attention to praise and affection**, even during times of limit setting. Teenagers need reassurance that they are loved even when they act like they don't care (but, definitely not in front of others!)
7. Set a goal to **manage your own emotions** in difficult situations. Show your teenager that you can avoid screaming, calling names or striking out at them even when very frustrated with them.
8. Have a plan to **take care of yourself** so that your stress level doesn't become overwhelming. If you are “out of steam,” you can be at risk to “blow off steam” with your teenager.
9. **Celebrate the progress** that you and your youth make. Change comes in small steps and can be overlooked if you don't stop to notice the little ways they and you are both improving.