

Parenting the Tweens and Teens

Presented by:

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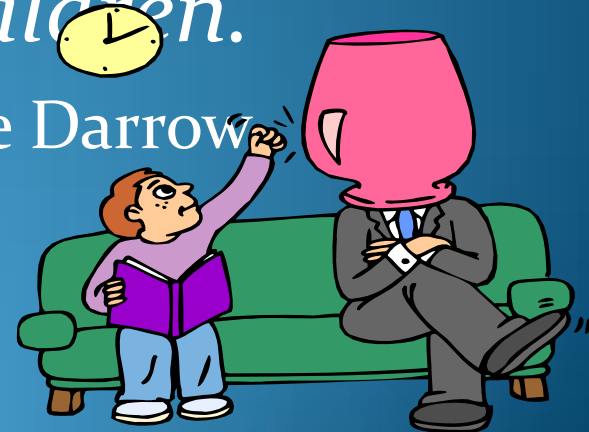
Objectives:

- *Develop positive communication strategies with Teens and pre-teens*
- *Identify family values and set realistic goals for you and your family*
- *Develop an individualized, workable plan*
- *Incorporate methods to maximize your limited time*
- *Utilize all available resources*

Parents and their Children...

The first part of our lives is ruined by our parents and the second half by our children.

- Clarence Darrow



Stress Relief..

What are your major stressors with kids?

The Juggling Act:

- *Maintain Your Sanity*
- *Childhood Needs: Food, Shelter, clothing, medical needs, experiential learning*
- *Adult Relationships*
- *Finances*
- *Household responsibilities*
- *Dealing with the guilt...we all have it!*

Statistics:

- *70% of American families have both parents working full-time or a single working parent*
- *27% of American children are being raised in a single parent household*
- *75% of children of working families are in full-time child care outside of their home*
- *12 - 41% of American children are considered “Latch-Key”*
- Source: National Association of Education of the Young Child

Top 10 Laws of Parenting:

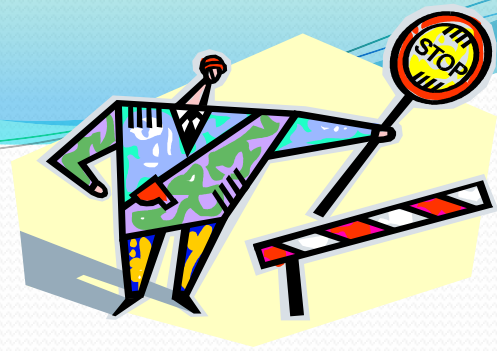
- 1. Communication-shut up and listen
- 2. Become a hands on parent
- 3. Establish a code of values
- 4. Politeness-Insist on manners
- 5. Set limits-Embrace discipline & use it
- 6. Trust your instincts
- 7. Make praise appropriate, not addictive
- 8. Squelch sibling squabbles
- 9. Authority-appoint yourself benevolent dictator
- 10. Winning the War-pick your battles wisely

Parenting the Tweens...

“I’ve always hoped that Jesus would come back before my kids got into middle school, thereby saving me from having the sex talk with them.”

- Patricia Heaton

Roadblocks for our kids:



- Spending two or more hours a day alone at home*
- More than three hours of “screen time” a day*
- Going to parties where friends drink alcohol*
- Feeling stress or pressure most or all the time*
- Feeling socially isolated from people who care*
- Having lots of close friends who get into trouble*
- Being disconnected from family and activities*

How to help kids overcome

Roadblocks:



- Getting them involved in structured adult-led activities
 - Setting boundaries and limits
 - Nurturing a strong commitment to education
- Providing support and care in all areas of their lives
 - Cultivating positive values and concerns for others
 - Incorporating rituals and traditions into their lives
- Having 6 meals a week with their family reduces a youth's risk of becoming involved in drugs by 60%

Parents Need:

- *Time to care for yourself, remember the airplane adage.*
- *Emotional, physical, mental, spiritual, intellectual, and intimacy needs met.*
- *Healthy stress & time management strategies.*
- *Life/work/relationship balance.*

PLANS B & C... :

● Build a Support System:

- *Family*
- *Friends*
- *Neighbors*
- *Teachers and other school personnel*
- *Barter and Trade Off: Value your assets and needs.*



Thank You
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