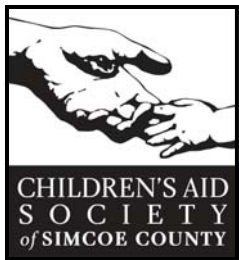


Effective Discipline

A healthy approach to parenting teens



The Children's Aid Society of the County of Simcoe



1-800-461-4236

“The best way to ensure a change in your teen’s attitude is to change your own”

M. Popkin

Turn discouragers into encouragers

Don't:

- focus on mistakes
- expect the worse
- expect too much
- over protect

Do:

- build on strengths
- show confidence
- value your teen
- encourage independence

Choice is power

When you offer choices, you begin to move from power struggles to problem solving.

Finding solutions that you both can agree on is a good way to prepare a teen to be a good decision maker.

This is especially important when your teenager is confronted with choices about drugs, sexuality and violence.

“When you give a teen a choice, you give legitimate power.

When you give a teen an order they will have to rebel to gain power”

M. Popkin

MISSION STATEMENT

Working together with our community to:

- Protect children and youth from maltreatment
- Promote the well-being of children and youth
- Strengthen families
- Provide quality alternative care, when necessary

The Children's Aid Society of the County of Simcoe

Offices located in :

ALLISTON
BARRIE
BRADFORD
COLLINGWOOD
MIDLAND
ORILLIA

1-800-461-4236

www.simcoecas.com



Communication Tips

Do:

- speak respectfully
- invite everyone's ideas
- share how you think and feel
- ask yourself how others feel
- compliment others

Don't:

- put anyone's ideas down
- interrupt
- monopolize the discussion
- consider only your point of view
- criticize others
- call anyone names

Solving Problems at Home with Your Teen

The next time a problem occurs, follow these steps:

- identify the problem
- share thoughts and feelings, and acknowledge your teen's feelings
- generate solutions and guidelines
- decide on logical consequences, if needed

Remember to ask yourself these questions:

What positive results came out of your discussion?

What will you do differently next time to improve the process?



Preventing and Handling

Problems

First, work to prevent problems by talking with your teens.

When a problem occurs, determine who owns it.

For example:

- Teen comes home late—PARENT owns the problem, because parent has responsibility to supervise their teens. (parents should discipline)
- Teen complains that her teacher has given her an unfair grade—TEEN owns problem, because school work is the teen's responsibility. (parent can support)
- Responsibility for some problems can be SHARED between parent and teen.

Corrective Action

- ask your teen to help choose consequences
- put the consequence in the form of a choice; either/or or when/then choice
- make sure the consequences are logically connected to the behaviour
- give choices you can live with
- keep your tone firm and calm
- give the choice one time, then enforce the consequences

- expect testing (it may get worse before it gets better)
- allow your teen to try again after experiencing the consequences

Think about these 5 goals that may be driving your teen's behaviour:

1. Contact—they want to fit in with a group.
2. Power—they want to show the world they can do anything.
3. Protection—they want to get even with their parents for a real or perceived injustice.
4. Withdrawal—they want to avoid fitting in with certain groups at school.
5. Challenge—they want to challenge conventional beliefs.

Understanding Teen Behaviour

Psychological research over the last half century has taught us that all teens have certain "tasks" they are trying to accomplish, often subconsciously, as they mature.

These tasks include:

- developing an identity
- developing a philosophy of life and a value system upon which to make decisions
- accepting the need to work
- understanding their emerging sexuality

Parents often don't know the goals behind teen misbehaviour, therefore the discipline they choose can make the problem worse.