

Parenting Basics 101

A 4-HOUR TOGETHERNESS SEMINAR FOR TEENS AND THEIR PARENTS

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DO YOU:

- Struggle to stay ahead of the next parenting crisis?
- Have trouble getting through to your teen?
- Worry about how to keep your kid away from alcohol and drugs?
- Wonder how you can parent more effectively?



PARENTING ESSENTIALS



- ✓ **Be a role model**
- ✓ **Know your kid**
- ✓ **5-to-1**
- ✓ **Spend time talking to them**
- ✓ **Catch them being good**
- ✓ **Do things together**
- ✓ **Use positive discipline (Encourage, admire and validate)**
- ✓ **Be hopeful**
- ✓ **Say “Yes” (Promote taking risks, provide opportunities)**
- ✓ **Say “No” (Set limits, guide and instruct)**
- ✓ **Have a family creed**
- ✓ **Have regular family meals**
- ✓ **Give them responsibilities**
- ✓ **Be part of a faith community**
- ✓ **Volunteer**
- ✓ **Develop (and keep) family traditions**

from *Raising Teens in the 21st Century* by Dr. James G. Wellborn

COMMUNICATION

✓ TALK to them

✓ Time It Right

✓ Be Specific

✓ Listen!

✓ Validate

✓ Support

✓ Acknowledge

PRACTICE BREAK



Ask their opinion

Share something about your life



Know your kid

- Who was/is your kid's first crush?
- What would your kid say was their best talent?
- How does your kid find out what is happening in the world?
- What quality does your kid value most in other people?
- What embarrasses your kid most about you?
- Who is your kid's favorite musical artist/group?
- What is your kid's proudest accomplishment?



Eye contact

Listening Questions

- **Detail** “Who all was there?”
- **Elaboration** “How does that work though?”
- **Comment** “Is that even possible?”
- **Understanding** “Do you mean . . .”

ALCOHOL AND DRUG POLICY

Risk Factors

- Family history
- Family use
- Stressful life events
- Availability
- Friends or siblings involved in A&D
- No clear goals or aspirations
- No religious involvement
- Insecure or susceptible to social influence
- Sensation seeking kid
- Very social kid (120 texts a day, 3+ hrs online)

Worrisome Signs

- Questionable friends (or siblings)
- Doesn't bring friends around
- Avoids you after being out
- Next day surliness
- Overly vague (or lies) about activities
- Isolating from the family
- No clear aspirations or long term goals
- Social & risk taking kid
- Stressed out all the time

If there are worrisome signs, it's time to Warn

- ✓ Talk* about substance use and sobriety.
- ✓ Review expectations rather than accuse them.
- ✓ Public commitment to sobriety
- ✓ Discuss reservations about friends.
- ✓ Stress management*
- ✓ Refusal skills & peer pressure
- ✓ Require them to change course.
 - Friends with good values
 - Bring friends around
 - Stop to talk after being out with friends
 - Don't be a jerk after being out with friends
 - Communication
 - Family time (esp. dinner at least 2 times/night)
 - Set and work toward personal goals*
 - Give 'em that ole time religion

At Risk Signs

- Friends or siblings that use
- Drop in grades* or increase in school related trouble
- Depressed or angry* all the time
- Emotionally volatile, especially with angry outbursts and destructiveness *
- New, undesirable friends
- Drug culture references and preferences
- Defiant and/or values shift
- School expresses concerns

If there are at-risk signs, it's time to Protect

- ✓ Establish an Alcohol and Drug Policy.*
- ✓ Time to talk about expectations
- ✓ Talk about the limits of trust*
- ✓ Keep a closer watch
- ✓ Snoop more*
- ✓ Surprise drug screen
- ✓ Establish an alcohol and drug free household

Danger Signs

- Catch them red handed
- Presence of substances or paraphernalia
- Telltale signs
- Advocates legalization/controlled use
- Too much or too little money
- Drug using close friends

If there are danger signs, it's time to Save

- ✓ Shut everything down
- ✓ Implement an Alcohol and Drug Policy*
- ✓ No expectation of privacy* without trust*

Bibliography

- Schwebel, Robert. (1998). Saying No is not enough. Helping Your Kids Make Wise Decisions About Alcohol, Tobacco, and Other Drugs: A Guide for Parents of Children Ages 3 Through 19. (Updated Second Edition). NY: Newmarket Press. \$14.95.
- Kuhn, C., Swartzwelder, S., & Wilson, W. (1998). Buzzed: The Straight Facts about the Most Used and Abused Drugs from Alcohol to Ecstasy. NY: W. W. Norton & Co. \$14.95
- <http://www.jameswellbornphd.com/parents/parent-links/#adgen>

What's A Parent To Do?

- ✓ Educate yourself
- ✓ Talk, talk, talk
- ✓ Set ground rules
- ✓ Public commitment
- ✓ Limit spending money
- ✓ Refusal skills
- ✓ Peer Pressure
- ✓ Educate them
- ✓ Partying sober
- ✓ Trust, guilt & suffering
- ✓ Severe and swift response
- ✓ Fear of death
- ✓ Lead by example

Steps for A&D Policy

- What's your view?

- Policy Statement

- What constitutes busted?

➤ Violations

○ First Offense

○ Second Offense

➤ DUI

➤ Parent pickup

FAMILY CONTRACT

Who needs it?

- Complicated family structure
- Lots of arguing
- Repeated conflict over particular issues
- Overscheduled
- Argumentative kids
- Transitions (e.g., geography, developmental stages, etc.)

Techniques

- Discussion
- Fairness
- Flexibility
- Compromise
- Rules of conversation

Format

- Identify important areas

- Address one area at a time

- Make each rule clear, specific & detailed

- **Specific consequences for specific rules**

- **It ain't over til the annoying kid agrees**

- **Write and post rules**

- **Enforce the rules**

- **Review & Revise**

RESOURCES

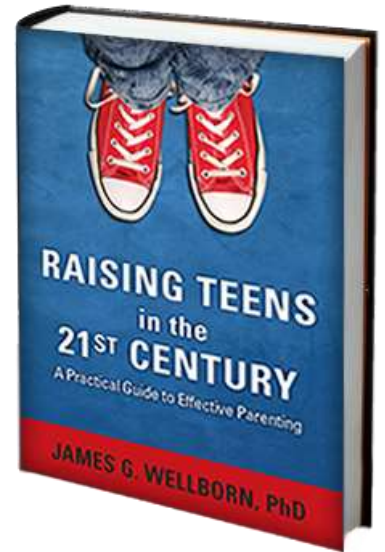
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