

Parenting Basics 101

A 4-HOUR TOGETHERNESS SEMINAR FOR TEENS AND THEIR PARENTS

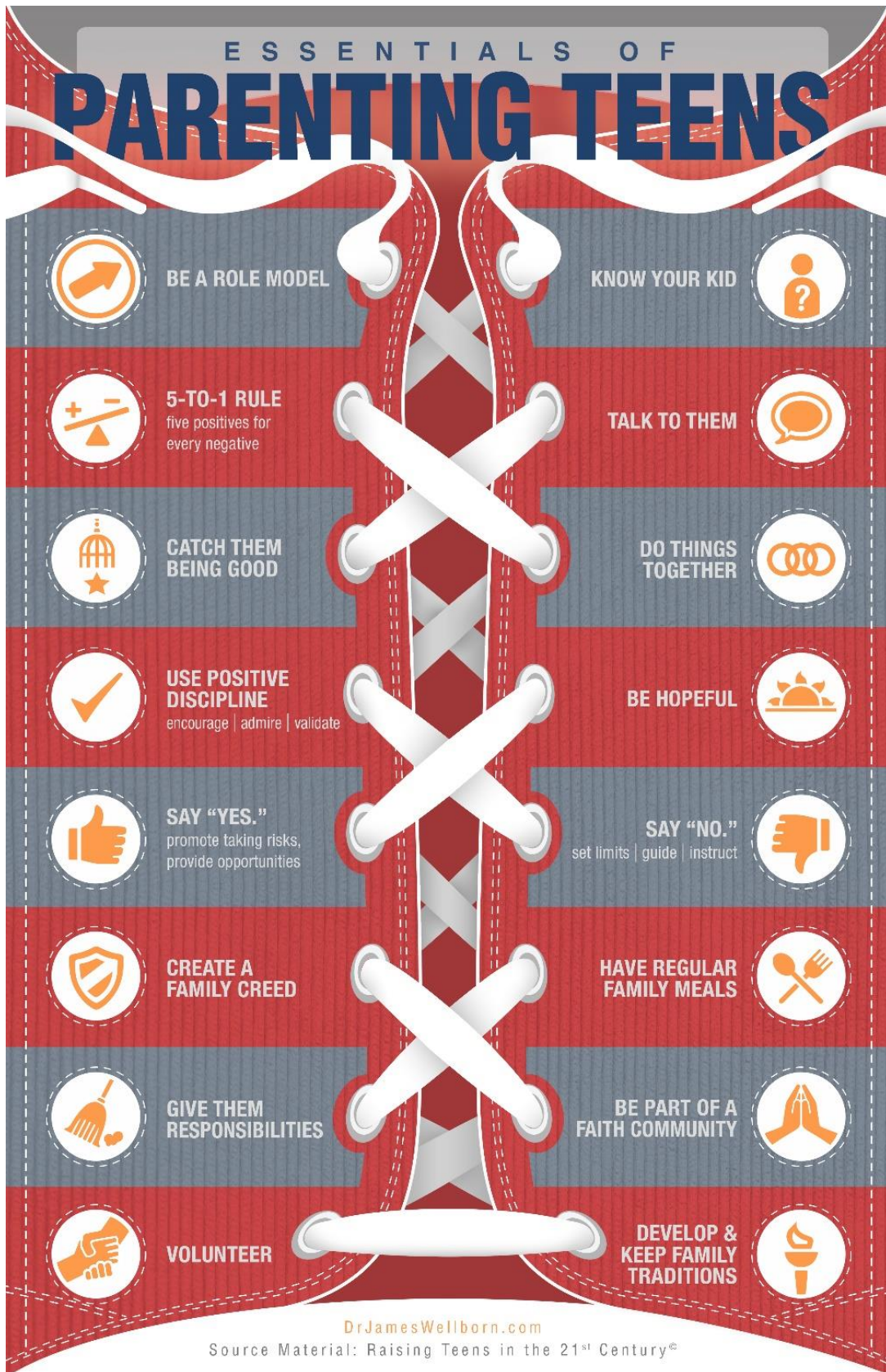
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DO YOU:

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?





FAMILY MOTTO

Pick 3 words to form your motto

Example: Faith, Hope & Love

Caring
Charity
Commitment
Compassion
Cooperation
Courage
Courtesy
Diligence
Empathy
Encouragement
Fairness
Forgiveness
Fortitude
Generosity
Graciousness
Gratitude
Helpfulness
Honesty
Honor
Hope
Humility
Humor

Integrity
Justice
Kindness
Loyalty
Love
Optimism
Patience
Peacemaking
Persistence
Politeness
Prudence
Respect
Resourcefulness
Responsibility
Self-discipline
Self-reliance
Temperance
Tolerance
Trustworthiness

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/Bored
- ☐ No religious involvement
- ☐ Insecure or susceptible to social influence
- ☐ Sensation seeking kid
- ☐ Very social kid
- ☐ Money (<\$25/wk)

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.jamesgwellbornphd.com/parents/parent-links/#adgen>

Protective Factors

- ✓ Family history
- ✓ Drug Free Household
- ✓ Effective coping strategies
- ✓ Sober friends or siblings
- ✓ Clear goals and aspirations
- ✓ Engaged in meaningful activities
- ✓ Active in faith community
- ✓ Self-confidence and boundary setting
- ✓ Fiscally responsible

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**
- **Identify 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

www.DrJamesWellborn.com

Parent Resources

www.jamesgwellbornphd.com/parents

Teen Resources

www.jamesgwellbornphd.com/teens

Parenting Teens Newsletter

www.drjameswellborn.com/newsletter

Workshop Evaluation

www.drjameswellborn.com/survey

