

## 10 Ways to Effectively Raise a Teen: Center for Parenting Education

- Respect and listen to your teen.
- Reward increasing maturity with more freedom.
- Take away privileges if they can't handle the freedom.  
(All privileges and rights come with responsibilities.)
- Set clear and firm rules. Follow your own rules.
- Hold them accountable – set and follow through with consequences.
- Expect them to keep their word and you do the same.
- Don't take difficult behaviors as a dare or challenge.  
(How's that behavior working for ya?)
- Accept that peers are an important influence.
- Know that teens need you in their lives, but on their terms.
- Continue to share your values. Remember your behavior is still the greatest influence on your children.
- Define Privilege, Punishment, and Discipline

## Managing Conflict with Teens

- First, manage your own emotions. Your emotional state is the message your kid will receive and sometimes that overpowers whatever you say. Your teen is likely to be more emotional because of the rapidly changing hormones typical in this age range.
- Listen to understand what is happening with your child and what motivated their choices.
- Help them take personal responsibility by making sure you are taking responsibility for your role in this outcome.
- Open yourself to thinking about the issue from your teen's point of view. You don't have to agree. Just consider what outcome your child is trying to achieve.
- Make your teens needs and wants as important as your needs and wants. That does not mean granting them. It does mean taking them seriously.
- Share what your needs and wants are.
- Look for solutions with your child that incorporate their needs and your needs.
- Be appreciative of their thinking and their point of view. The more you demonstrate this respect, the greater their skill will be in thinking through their point of view & their capacity to respect yours.

## Facebook Parenting Groups

<https://www.facebook.com/groups/SPOTriangle/>

<https://www.facebook.com/groups/SingleParents01/>