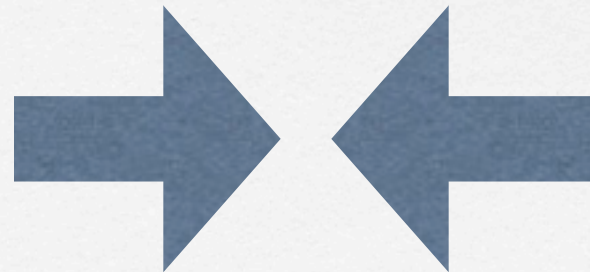


How can I communicate effectively?

Use the right proxemics to show

- interest
- without over doing it.



How can I communicate effectively?

Listen, share from your experience,

- **summarize but avoid advice unless it is asked for;**
- **don't trivialize or try to top your kid's stories.**
- **And remember you can't walk up hill six miles uphill both ways [and your kids already**



How can I communicate effectively?

Remember you have patience and wisdom on your side:

- use them.

The Bottom Line

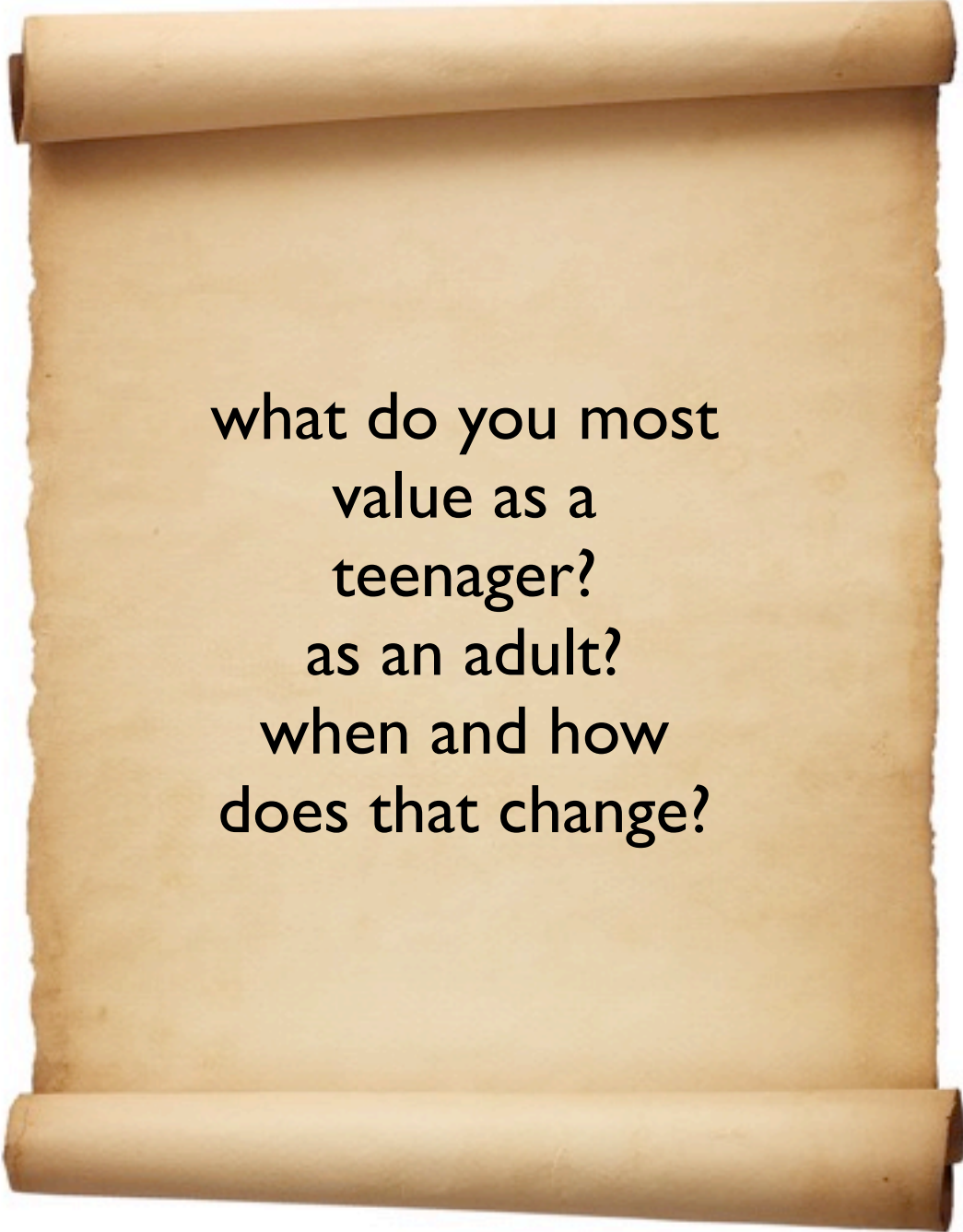
You are always the adult,

- you are in control.
- Save the directive mode for when you really need it.



Anger Tools

1. Don't go there
2. Move, stretch or breathe
3. Keep your teeth together and stretch your fingers to the ground [palms flat - finger stretch]
4. Anger Reducer
 1. Backward count
 2. Deep breathing
 3. Imagery
 4. Puzzle


A scroll of aged, yellowed paper with a question written on it. The paper has a textured, slightly mottled appearance and is rolled up at the top and bottom. The text is centered on the scroll.

what do you most
value as a
teenager?
as an adult?
when and how
does that change?



responsibility
respect
integrity
courage
moderation
effort





fun
avoid boredom
friends
popularity
success
thrill
stuff





Your 16 year old daughter wants to have a slumber party. With boys. And she wants you and your wife to be be out of the house. Now you trust her and you are afraid that if you say no, it will convey that you don't. Besides she has never given you any reason to not trust her.

What would you do?

Your 11 year asks you what you would do if your friends wanted you to do something they thought was cool but was also wrong, and you didn't want to do? You want to stay friends and appear cool, but get out of the situation. So what would you do?



you need to tell an adult

is it illegal? is it unsafe?
could you or someone else get hurt?

smoking, drugs, pranks,
shoplifting, joyriding,
vandalism, stealing,
assault, gunplay



9 things you could do

refuse-wrong	refuse-not fun	throw a curve
tell a joke	leave/siphon off a group member	appeal to authority
change subject	suggest another activity	“can’t get in trouble again”

In a fight: 6 solutions

<p>“I’m not x because of you?”</p>	<p>“you’ve got the wrong idea”</p>	<p>throw a curve</p>
<p>tell a joke</p>	<p>leave/siphon off a group member</p>	<p>appeal to authority</p>



My husband and I just married combining families. We now have have a 4 year old, an 8 year old and a 17 year old. Every time we go to the store the store the 4 year old wants something, and has a fit if she doesn't get it. The 8 year wants a bigger allowance and wants us to pay for everything else he wants on the weekend. The 17 year informed us he needs a new little boxy car - the kind that looks like a British hearse with a flashy paint job, I forget the name. What do we do?

Spending

needs, wants, fantasies

responsibility
work ethics

limits and boundaries

not Santa



not an ATM

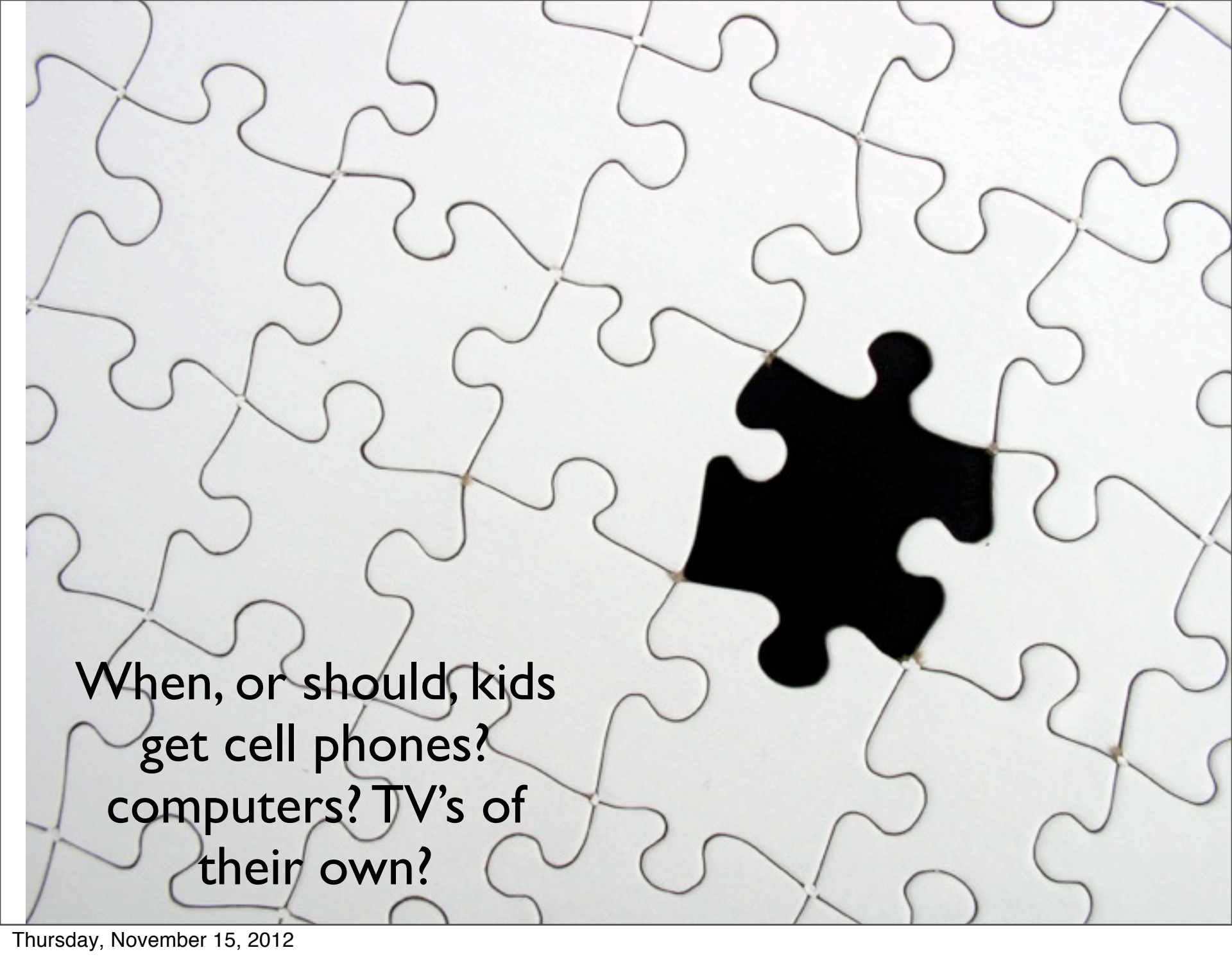


not Burger King
[you cannot have it your way]

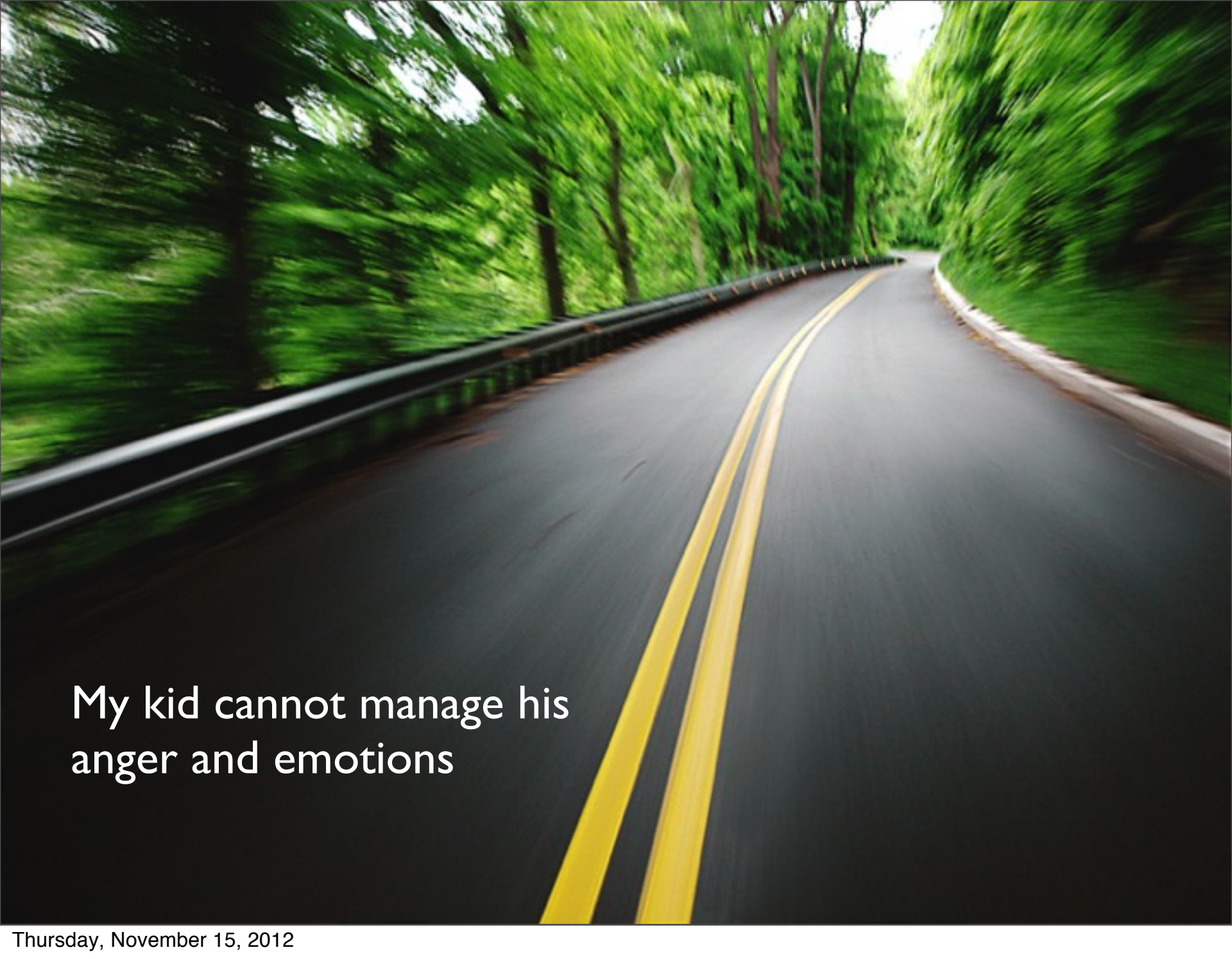
Parents are responsible for needs, gift wants and don't indulge fantasies.



Kids learn to work for their wants, that they will become responsible for their needs, and that they can make some fantastic things happen with enough effort.

A close-up photograph of a white puzzle with one black piece missing. The puzzle pieces are interlocking and have a slightly irregular, wavy shape. The black piece is located in the lower right quadrant of the image. The background is a light gray color.

**When, or should, kids
get cell phones?
computers? TV's of
their own?**



My kid cannot manage his
anger and emotions

Thursday, November 15, 2012

Anger Tool One

Don't go there.

Anger Tool Two

*Move,
stretch or
breathe.*

Anger Tool Three

- 1. Keep your teeth together, and*
- 2. Stretch your fingers to the ground*

or

palms flat, fingers stretch

Anger Tool Four

1. *Backward count*
2. *Breathe deeply*
3. *Puzzle solve*
4. *Visualize*

What are five key parent behaviors?

1. Daily conversation with your child.
2. Always know where your child is.
3. Know your child's friends.
4. Reinforce desired behaviors consistently.
5. Be firm, fair and consistent with problem behavior.

Oregon Social Learning Center

What are the five key parent behaviors?



Daily conversation with your child.

#1

It is about being in the loop.

Be one of the people
your child consults
because the opportunity
to do so exists each day.

What are the five key parent behaviors?



Always know where your child is.

#2

Monitor and check in a way that is age appropriate, but puts you there, where the child is, even when you are not.

What are the five key parent behaviors?

#3

Know your child's friends.



Become an adult participant in their relationships.

utilize peers as an enormous source of influence.

What are the five key parent behaviors?

#4

Reinforce desired behaviors consistently.



Make sure the kid sees the connection.

Avoid rewarding because you're in a rewarding mood

What are the five key parent behaviors?

Be firm, fair and consistent with problem behavior.



#5

Don't go punitive just because you're in a bad mood.

A green highway sign with a white border and white text. The sign is mounted on a metal post and is set against a blue sky with light clouds. The text on the sign is centered and reads: "I am responsible for my actions" followed by "An explanation is not an excuse." in a larger font.

I am responsible for my actions

An explanation
is not an excuse.

A green highway sign with a white border and white text. The sign is mounted on a metal post against a blue sky with light clouds. The text on the sign is centered and reads: "I am responsible for my actions", "An explanation may", "help me understand", "my actions, grow from", "them, and not repeat", "my mistakes.".

I am responsible for my actions

An explanation may
help me understand
my actions, grow from
them, and not repeat
my mistakes.

A large green highway sign with a white border, mounted on a metal post. The sign is set against a blue sky with light clouds. The text on the sign is white and reads: "I am responsible for my actions" and "I am responsible for the decisions I make, or don't." The sign is supported by several metal brackets at the bottom.

I am responsible for my actions

I am responsible for
the decisions I make,
or don't.

A large green highway sign with a white border, mounted on a metal post. The sign is set against a blue sky with light clouds. The text on the sign is white and reads: "I am responsible for my actions", "I am responsible for", "the actions I take,", and "or don't.".

I am responsible for my actions

I am responsible for
the actions I take,
or don't.