

## *Parenting Strong-Willed Teens*

### **The Parenting Styles**

(We often parent our kids  
the “same as” or  
“the opposite from”  
how our parents parented us)

**High Love and Affection**

**Authoritative**  
Parenting Style  
(Ideal)

**Permissive**  
Parenting Style  
 (“Marin” Parent)

**High  
Discipline**

**Low  
Discipline**

**Authoritarian**  
Parenting Style  
(Bully)

**Neglectful**  
Parenting Style  
(Abandoned, Parentless Child)

**Low Love and Affection**



## Points of Success:

**Love,  
Attention,  
Consistency,  
Consequences**

**1. Love must be the basis of all behavior** – Setting limits, saying “No.” and imposing consequences, when appropriate, are *loving acts* – loving your kid enough to “parent them.”

Tell your teen that you ***Love Them*** every day.

Do this through:

Voice,  
Touch,  
Hugs,  
Notes.

**2. Attention** – Attending to them – Looking, talking, touching, hearing, smelling – Orienting toward them – Giving them time – Being with them – Time alone with them

“Special Time”  
“Special Relationship”

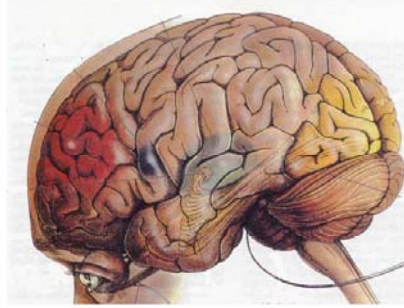
**Catch** them doing something right  
**10 times** more often  
than you catch them doing something wrong.  
(Loving attention)

- Acknowledge all improvements – there are Millions of them throughout their development.
- Celebrate often – celebrate the sunrise, moon, mom’s cooking, them picking up their towel.
- Attend their games, their music.
- Learn their video games.
- Create a MySpace page with them.
- Dads w/ sons – “**Doing**” – ball games, hunting/fishing, ball playing, car shows, driving, golf.
- Moms w/ daughters – “**Being**” – easy chitchat, gathering (shopping).

### 3. **Consistency** – Mature behavior – “Adult responses” – Predictable – Routine

#### **Are we communicating from our Prefrontal Lobe?**

(Adult, rational, logical – “Sit down, calm talks”)



#### **Or, are we communicating from our Mid Brain?**

(Emotional, reactive, childlike – “Yelling, raised voices”)

### 4. **Consequences** – Responding to them – Guiding them – Parenting them – Training them.

Positive Behavior = Positive Consequences  
Negative Behavior = Negative Consequences  
**(Must be Immediate!**  
**Children live in Present Time)**

Positive Consequences – your love and approval  
Negative Consequences – your love and disapproval

For Strong-Willed Teens it is important that they receive concrete consequences.

**Dr. Phil’s suggestion: “Remove all toys, computers, video games, TV, phones; remove the door to their room, put the mattress on the floor, and ground them. Do this for 7 days.”**

Perhaps extreme but makes the point.



## Which Hill Are We Going to Die On?

Not hanging up their towels?


Talking on the phone too late?

Doing drugs every day?

Listening to Punk Rock?

“Forgetting” to take trash out?

Driving while intoxicated?

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1. No Big Deal Issues
  2. Negotiable Issues
  3. NO WAY! Issues

**Seek Professional Help For:**

- “Out-of-control child”**
- “Failure to thrive”**
- “Any medical issue”**
- “Any Psychological issue”**
- “Daily substance use”**



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