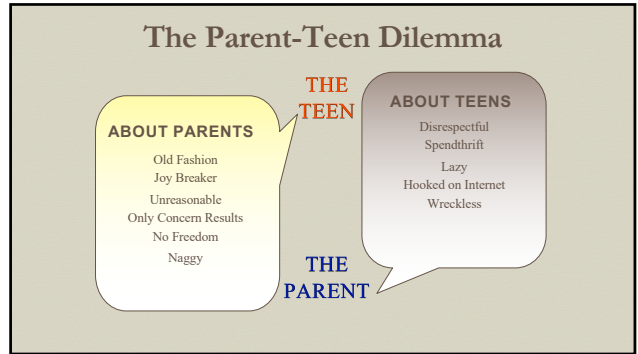


1



2

- Singapore Research by Vivian Huan
- Delinquents**
- Mainly from neglectful, and authoritarian fathers
 - Absence of father monitoring & involvement
 - Single parents or step parents home
- Non-Delinquents**
- Positive fathers
 - High father-child monitoring and involvement
 - Intact families (both parents present)

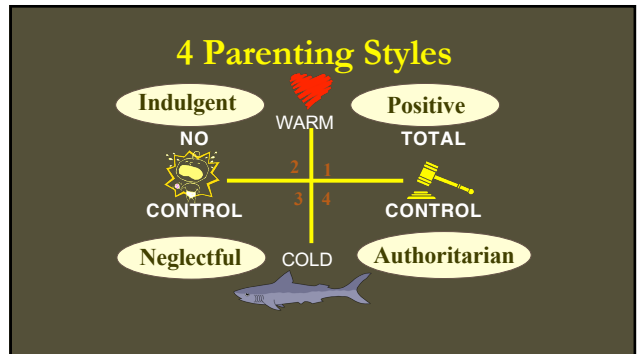
3

Children Are Better Off
When They Have
A Good Relationship
With Both Parents!

4



5



6

YOUR RESPONSE

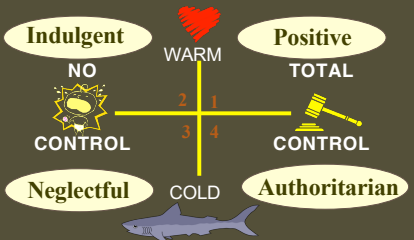
What has this set of
Positive parents done well?



GO TO
menti.com
ENTER THE CODE
1904 5145
0, 0

7

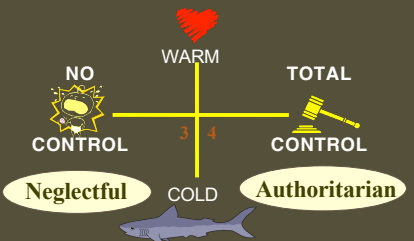
Teens Have More Difficulty When Parents Are...?



The diagram shows a 2x2 matrix with a vertical axis labeled 'WARM' (top, with a red heart) and 'COLD' (bottom, with a blue fish). The horizontal axis is labeled 'NO CONTROL' (left, with a sun icon) and 'TOTAL CONTROL' (right, with a gavel icon). The four quadrants are: Top-Left: Indulgent; Top-Right: Positive; Bottom-Left: Neglectful; Bottom-Right: Authoritarian. The numbers 1, 2, 3, and 4 are placed in the quadrants: 1 in the top-right, 2 in the top-left, 3 in the bottom-left, and 4 in the bottom-right.

8

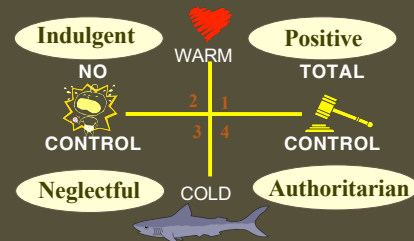
Teens Have More Difficulty When Parents Are..



This diagram is identical to slide 8, showing the parenting style matrix with the same labels and quadrant numbers (1-4).

9

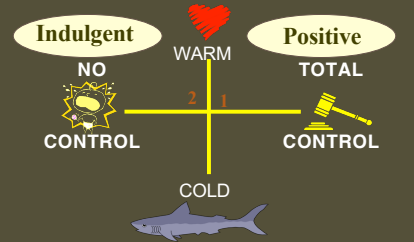
Teens Cope Better When Parents Are.....?



This diagram is identical to slide 8, showing the parenting style matrix with the same labels and quadrant numbers (1-4).

10

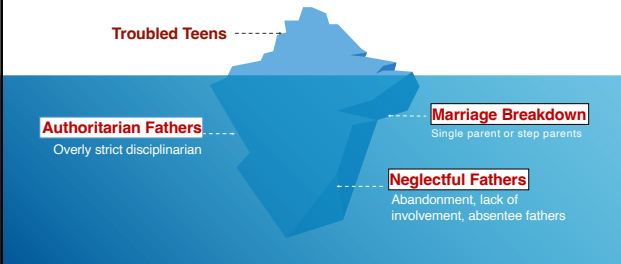
Teens Cope Better When Parents Are...



This diagram is identical to slide 8, showing the parenting style matrix with the same labels and quadrant numbers (1-4).

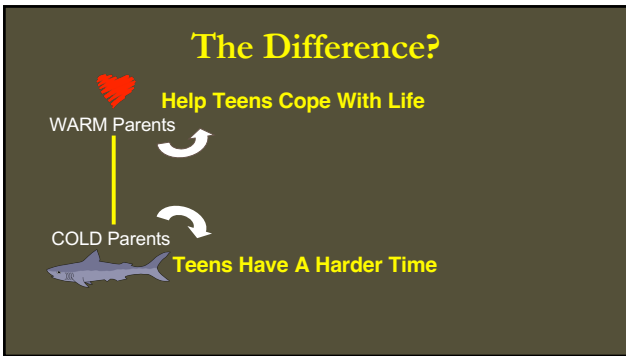
11

Juvenile Delinquency



The diagram shows an iceberg floating in water. The tip above the water is labeled 'Troubled Teens'. The submerged part is divided into three sections: 'Authoritarian Fathers' (Overly strict disciplinarian), 'Marriage Breakdown' (Single parent or step parents), and 'Neglectful Fathers' (Abandonment, lack of involvement, absentee fathers).

12



13

What Today's Teens Need?

A Firm but
Warm & Nurturing
Relationship With
Both Parents!

14

The Parent-Teen Dilemma

THE TEEN	THE PARENT
Dramatic Change	Declining Health
Identity Crisis	Midlife Crisis
Breaking Free	Seeking Stability
Maturing Intellect	Career Limitations

15

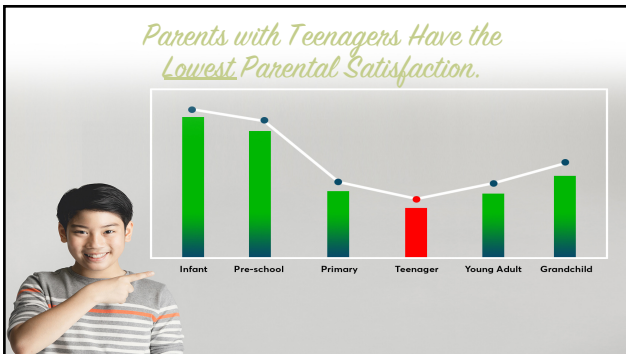
The Parent-Teen Dilemma

THE
TEEN

GENERATION GAP

THE
PARENT

16



17

Parents with Teenagers Have the Lowest Parental Satisfaction.

“Although the lowest overall satisfaction scores come during teen years of their children’s lives, the highest scores come from those who had a lot of verbal interaction.
Parents who talk and listen are more satisfied as parents.”

18

UNDERSTANDING YOUR TEENS

FRIENDS
Friends becomes more important than family

19

THE DRAMATIC CHANGE

Caring
(You are Loved)

Bonding
(You Belong)

Training
(You are Able)

➔

Independence
(I want to be somebody)

Relationships
(I want to belong)

Confidence
(I can take care of myself)

20

FRIENDS
Friends becomes more important than family

RELATIONSHIP
Increasing attraction to the opposite sex

ADJUSTMENTS
Tremendous changes in environment, people, teachers that requires lots of adjustments

IDENTITY CRISIS
Neither a Tween nor Adult. Who am I?

21

IDENTITY CRISIS

I am
no longer
a child

Who Am I?

Complications:
Underdeveloped Brains

I am
not yet
an adult

22

FRIENDS
Friends becomes more important than family

RELATIONSHIP
Increasing attraction to the opposite sex

LEARNING LOAD
Coping with increased academic learning load

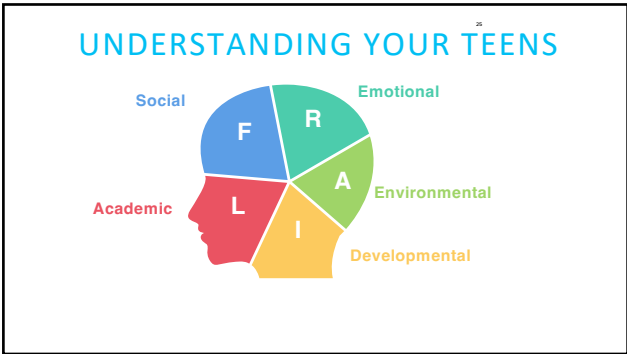
ADJUSTMENTS
Tremendous changes in environment, people, teachers that requires lots of adjustments

IDENTITY CRISIS
Neither a Tween nor Adult. Who am I?

23

7 - 8 SUBJECTS!

24



25

Help Your Teen Grow

Identity "I want to be somebody?"	<ul style="list-style-type: none"> • Support their need for independence • Strengthen their self-esteem
Relationships "I want to belong?"	
Confidence "I can take care of myself?"	

26

To Empower Your Teens

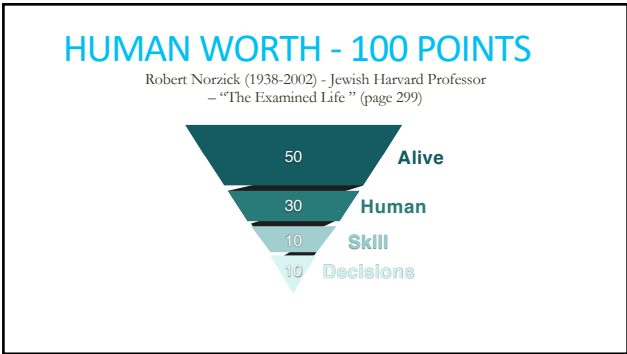
See Your Teen Differently

27

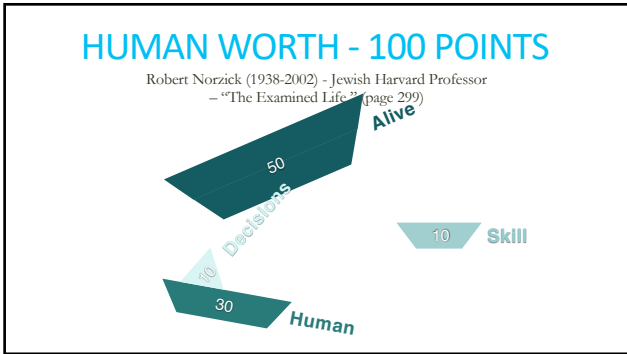
"The Unexamined Life Is Not Worth Living"

Socrates

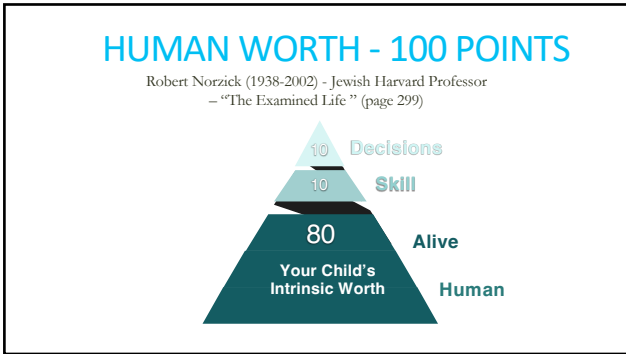
28



29



30



31



32

BECOMING CALM PARENTS

COACH not instruct

Not tell them what **THEY MUST** do because **WE WANT** them to do

But help them clarify what **THEY WANT** to do and how **THEY CAN** achieve that.

33

BECOMING CALM PARENTS

1 COACH not instruct

2 ACCEPT not criticise

34

BECOMING CALM PARENTS

ACCEPT not criticise

- Their choices:
 - clothes
 - friends
 - songs
 - interests
- Their personalities & temperament
- Their changes and need for individuation

35

BECOMING CALM PARENTS

1 COACH not instruct

2 ACCEPT not criticise

3 LISTEN not ignore

36

LISTEN

When I ask you to listen to me and you start giving advice, you have not done what I asked.

When I ask you to listen to me and you begin to tell me why I shouldn't feel that way, you are trampling on my feelings.

When I ask you to listen to me and you feel you have to do something to solve my problems, you have failed me, strange as that may seem.

LISTEN! All I asked was that you listen, not talk or do - just hear me. And I can do for myself, I'm not helpless.

When you do something for me that I can and need to do for myself, you contribute to my fear and weakness.

37

LISTEN

But when you accept as a simple fact that I do feel what I feel, no matter how irrational, then I quit trying to convince you and can get about the business of understanding what's behind these irrational feelings.

And when that's clear, the answers are obvious and I don't need advice.

Irrational feelings make sense when we understand what's behind them.

So, please listen and just hear me, and if you want to talk, wait a minute for your turn, And I will listen to you.

Anonymous

38

BECOMING CALM PARENTS

- 1 COACH** not instruct
- 2 ACCEPT** not criticise
- 3 LISTEN** not ignore
- 4 MOTIVATE** not discourage

39

BECOMING CALM PARENTS

- 4 MOTIVATE** not discourage
- A. Observing what went well
- B. Complimenting
- C. Encouraging
- D. Celebrating small success

40

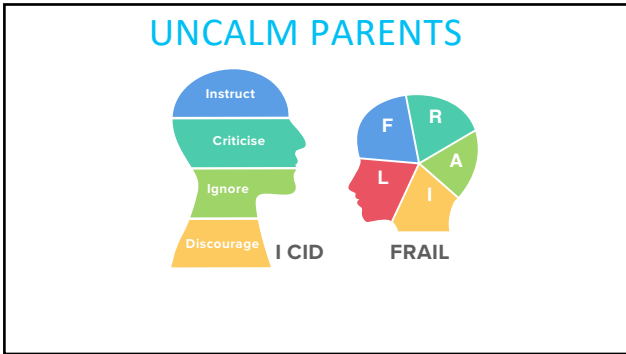
Compliments
are
Powerfully **Affirming!**

41

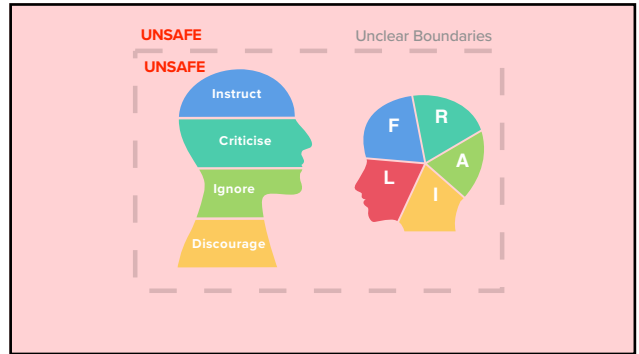
BECOMING CALM PARENTS

- 1 COACH** not instruct
- 2 ACCEPT** not criticise
- 3 LISTEN** not ignore
- 4 MOTIVATE** not discourage

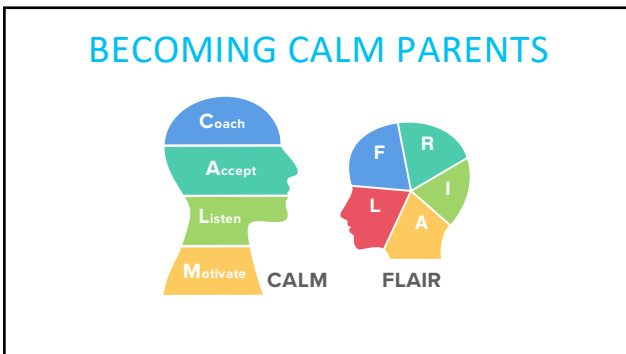
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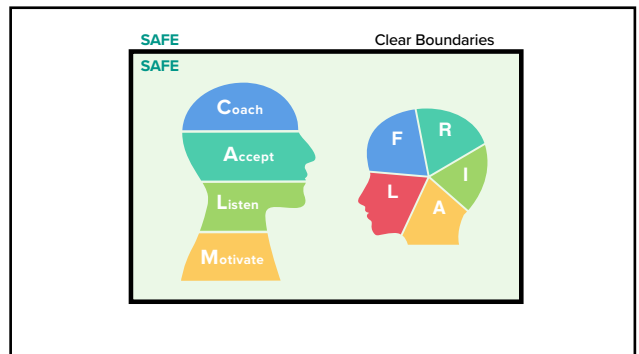
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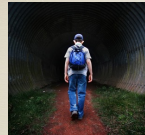


46

Parenting With Compassion

- Our Teens live in a world created by adults
- Teens struggle as much as parents
- All of us need someone to believe in us; our teens needs us to believe
- Each day must be a new day of grace for our teens
- Compassion give us the reason to love

47



“Let your teenager Go and Grow.
But stay around
to love them unconditionally
when they make mistakes in life”

48