

PARENTING TEENAGERS

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Introduction

Teenagers! What a wonderful, unique, challenging, frustrating, rewarding, irritating, pulling-your-hair-out group of individuals. As one of the two stages of development that evokes the most intense emotions from parents, adolescence provides us with opportunities to practice our most effective coping skills. This module will provide you with ways to understand and deal effectively with your teenager so that you can not only cope with them but enjoy their lives as well.

Module 1: Understanding Adolescent Developmental Stages

Module 2: Parenting Skills

- A. Unconditional Love
- B. Active Listening
- C. Boundaries and Limits
- D. Letting Go

Module 3: Communication

- A. Parenting Styles
- B. Do's and Don'ts

Module 4: Positive Problem Solving

Module 5: Consequences (Not Punishment!)