

The Abridged Parenting Toolkit: Maintaining Your Sanity While Raising Safe & Sane Kids

Strategies for Parents Managing Their Own Stress in Raising Teenagers:

- Setting realistic expectations
- 5th Commandment strategy vs. mutual respect & trust,
- expectations of themselves for modeling self-regulation

Helping kids manage their stress:

- Sleep, structure, connections (4-questions)
- Prosthetic support when necessary
- Three things people do with stress and uncomfortable feelings.

When to seek professional intervention:

- Depression & anxiety
- When acting-out becomes too big a problem

Building Self-Regulation Skills:

- <http://www.childtherapytoys.com/store/product3926.html> Anger Management poster
- <http://www.childtherapytoys.com/store/product2922.html> Feelings words poster
- Using feelings words to build emotional self-awareness
- The magic of the narrative
- Outcome-based parenting – building competencies vs. reinforcing dependency
- Promoting balance vs. screen addictions: Maintaining physical, social, emotional, learning, recreational, creative, family, work, & spiritual health

Building Intimacy Skills:

- The CEO model – setting mission, vision, and values and getting “buy-in” from the rank and file (the kids)
- Prioritizing key strategies and objectives – big vs. little
- Power-sharing – from an early age
- Power struggles that must be won – with calm and compassion
- The gift of trust
- Managing intensity

- Rules for verbal expressions of feelings – fair and realistic vs. what our parents would not tolerate, the myth of “attitude”
- Structure is the key
- Managing transitions
- Managing permutations
- LISTENING – the four questions: What do you see going on? What does it mean to you? What are your options? What do you want to do?

Building Self-Esteem Skills:

- Binary thinking, diagnosis, and labels vs. the Bell Curve
- Knowing and valuing what is normal
- Thinking systemically vs. only biologically
- Coaching for life management vs. seeking treatment for pathologies
- The 80% Rule
- Lying vs. “I already brushed my teeth”

Building Spiritual Skills:

- What’s most important? – Character?, Achievement?, Status?
- Human being vs. human doing - quiet time, alone time, discovering what replenishes and creates a sense of awe

Reference:

- Anthony E. Wolf, Ph.D., Get Out of My Life, But Will You First Drive Me & Cheryl to the Mall – A Parent’s Guide to the New Teenager, 2002 Edition