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Parenting teens nowadays is not an easy task. Some parents often struggle with their teens being disrespectful, selfless, abusive and obnoxious. These types of teens can actually wear out parents. These teens pretty much run the households. Everyone in the household often walks on eggshells in fear of triggering the teen.

Most parents are tired of screaming, punishing, pleading and negotiating and the teen still does what he/she wants. These defiant behavior not only effects the teens but the entire family becomes a victim of the teens. There are many reasons why teens behave the way they do. However, parents need to find ways in understanding, accepting and dealing with their teens. Parents should educate themselves as much as possible in trying to get

along and build healthy relationship with their child.

Parents need all the help they can get so, as therapist, we try to educate not only the teen but the parent as well. In educating the parent, we empower them to take control of the situation and stop being the victim of the teen. Here are some simple steps parents can use in order to aid them in changing a teen's behavior.

### Communicating with teen

1. Practice the basics of effective communication: understanding, listening and flexibility.
2. Make time and make yourself available.
3. Speak calmly and clearly.
4. Be consistent with your responses.
5. Act like an adult not a teen.

### How to get through to your teen

1. Don't make empty promises.
2. Offer solutions.
3. Show don't tell, teens need to see it to believe it.
4. Their opinions and view are important to them respect them.
5. Don't be condescending or sarcastic.

Discipline and punishment is not the same thing. Discipline is about making the

most of our life's, setting goals (short term or long term goals). Punishment is the consequence when people don't meet an expectation that is set for them.

### How to punish your teen

1. Let them set their goals (realistic goals).
2. Set objective to reach goals.
3. Let teen knows that these goals are theirs. As a parent you expect them to do certain things in addition to their goals. Set expectations.
4. This is where you, as parents, let the teen know about consequences if he/she is not meeting the expectations.
5. Make sure the consequence is realistic, be consistent with the consequence.
6. If possible both parents should set consequences. Nothing is wrong with compromising.
7. Instead of taking away TV, phone and games which at times it doesn't work. Let the teen know that he/she will be doing chores around the house or help others (volunteer work in shelters or helping around the community).
8. Corporal punishment doesn't work at this stage, it only anger them.
9. Be consistent, teen knows right away if you are not, they won't either.



Quote of the month:

*Hear the meaning within the word.*

William Shakespeare



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