



Hurt or Hinder? Super parent to the rescue.

Please email feedback on this newsletter to stalbertfwg@gmail.com

Did you know?

- ⇒ One of children's biggest excuses for not doing what they need to is, "I don't have enough time"
- ⇒ Many children are procrastinators. They put things off until the last possible minute, or they don't do it at all.
- ⇒ Teens will learn some responsibilities from parents by watching! - *Rarely by listening.*

These simple behaviors can help to instill a greater sense of responsibility in teens:

- ⇒ Set and stick to appropriate rules for their age.
- ⇒ Enforce consistent, appropriate, related consequences
- ⇒ Encourage, support, help them to plan and develop goals!

When children are goal oriented, they are more likely to say "no" to irresponsible behaviors

The Parents Institute

Why parents shouldn't "always" rescue teens from mistakes.

According to Dr. Megan Gunnar, wrapping our children in "bubble wrap" is the worst thing we can do to help them develop into competent, stress-resilient adults. Children and teens need to have challenging experiences if they are going to be competent adults. What happens when we, as parents, "always" rescue our children when they make mistakes?

- ⇒ They learn how to avoid challenges instead of facing them
- ⇒ They miss a great opportunities to grow and mature
- ⇒ They miss the opportunity to learn about responsibility and problem solving skills
- ⇒ They miss the lesson that his/her actions have consequences
- ⇒ They miss the opportunity of balancing protective factors against risk factors

When should teens be rescued? When should they take responsibility for their own actions? **Stepping in – vs. – Stepping out**

Because parents are a teen's most influential teachers, the very best place for teen's to learn to take responsibility for their own learning and behavior is right at home. Parents can help teens take responsibility for what they do by not letting them "off the hook". Don't let your teen make excuses for their behavior.

Talk about how their choices have consequences and let them experience the consequences of their actions. If they forget their homework at home, for example, don't offer to drive it school for them.

Set appropriate consequences at home for inappropriate behavior at school. A teen who gets in a fight at school may not be allowed to talk with friends over social media that week.

When teens take responsible for their own actions they become more independent and develop the ability to separate from unhealthy situations and people. They become more resilient, which in turn leads to more positive results in the young person's life such as better mental and physical health, leadership skills and success at school.

Article Source: AHS and The Parents Institute

For more information check out:

Online Search Ideas: Goal Setting, Types of Recreation and Leisure Activities, Parenting Strategies

Simple Connections Stronger Kids: www.albertahealthserices.ca

Sharing the Brain Story: www.albertafamilywellness.org

St. Albert Family and Community Support Services: 780-459-1756

St. Albert Family Resource Centre (Parents Place) 780-459-7377

Teaching teens Responsibility for their Behavior: www.parent-institute.com



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