

# Positive Parenting

Bridging the Communication Gap Between Parents and Teens

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# What Is The Main Goal Of Parenting?

To prepare our children for adulthood so they can become individuals who can manage themselves in the outside world.





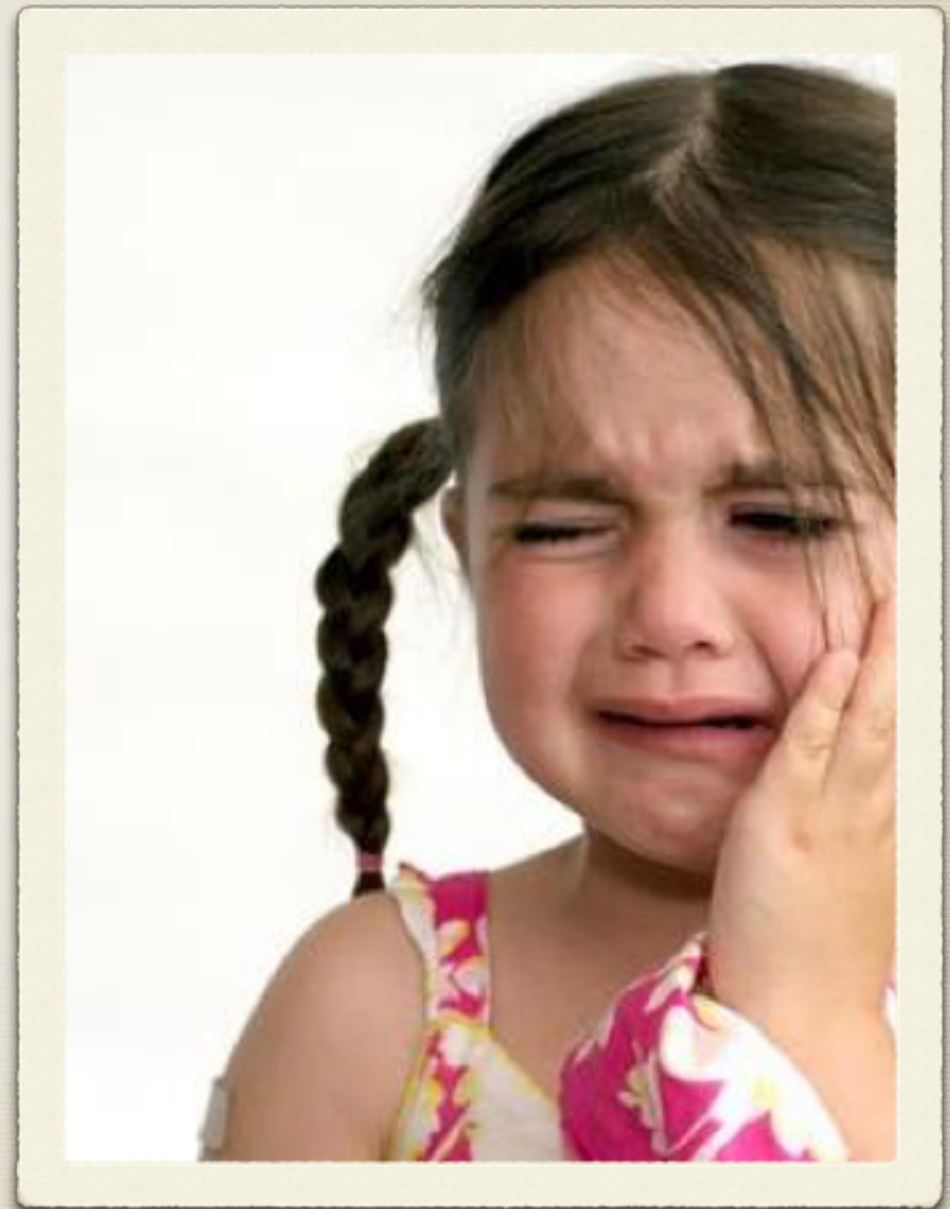
# Temperament

- Every child has their own unique temperament present since birth that influence how you behave.
- Temperament affects the way they act, adapt to new situations, how easily distracted they are and how sensitive they are.
- Temperament can be modified but not completely changed.
- Some temperaments are genuinely more difficult to cope with for both child and parent, especially if there are additional stresses or challenges.



# Types of Temperament

- Shy or slow to warm
- Easy/Flexible
- Strong-willed/Spirited





# What Children Really Need

- To feel loved and to belong
- To feel good about themselves
- To feel they're good at something
- To have some boundaries



# Emotional Needs

- Acceptance
- Attention
- Appreciation
- Encouragement
- Affection
- Respect
- Support
- Comfort
- Approval
- Security





# Why It's Tough Being a Teen

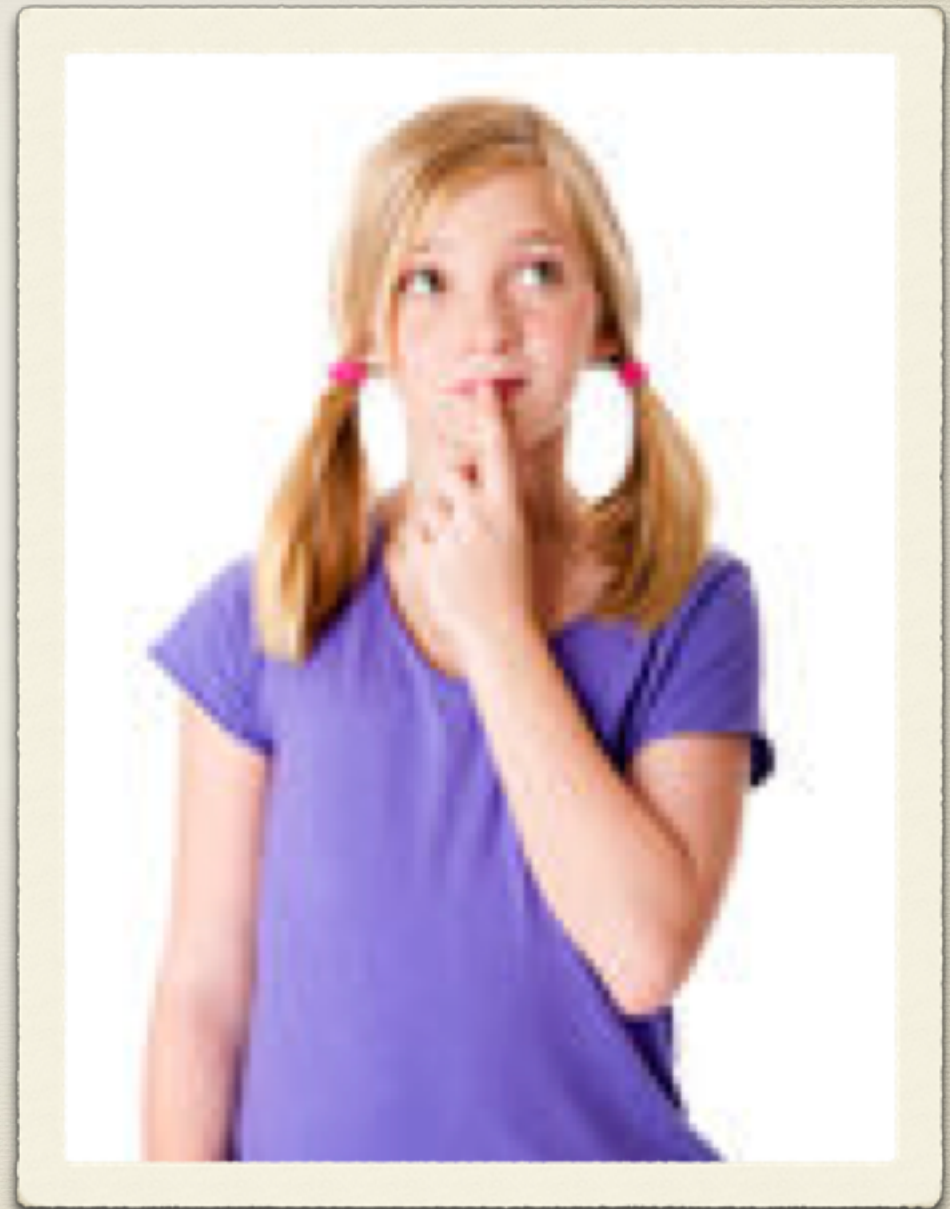
- What are the pressures they face?
- How can we help them?





# Identify

- Who am I?
- Who do I want to be?
- Which group do I fit in?
- What am I good at?





# Where Do Teens Seek Their Identity?

- Their role in the family
- Status symbols
- Celebrity and sports stars
- Grown up behavior
- Cliques and gangs





# Good Self-Esteem

A teen with good self esteem will be able to:

- Take pride in what they do
- Act independently
- Assume responsibility for their actions
- Tolerate frustration better



# Low Self-Esteem

A teen with low self esteem is more likely to:

- Put down their talents and abilities
- Avoid trying new things
- Blame others for their short comings
- Find it hard to tolerate frustration
- Feel emotionally indifferent
- Be influenced by others



# Parenting Styles



# Parenting Styles

- It's important to understand our own style since the way we are affects the way our teens behave
- Our parenting style is usually “caught” or “handed down” from our own parents or caregivers. Or we make a conscious effort to realize what we didn't like that our parents did and do the opposite.
- Looking at parenting styles can be quite challenging. It may raise memories from the past as well as shed light on the present.



# Types of Parenting Styles

- Authoritarian (Do what you are told)
- Permissive (Do what you want)
- Authoritative/Assertive (Freedom within limits)



# Consistency

- Do you say “No” then back down and say “Yes” if your child persists by nagging or shouting?
- Does one parent say “Yes” and the other say “No”?
- Do you make threats to your children and not carry them through?



# House Rules

- Each family is unique and has different needs, schedules and make ups.
- Have a family meeting to discuss the specific rules that work for you and your family. Each person select a rule, compromise if all can't agree then write up the rules and keep them where everyone can see them.

## **Some examples of house rules:**

- I will phone/text home if I'm going to be late.
- Every family member needs to chip in with household chores.
- We treat each other with respect.



# Blocks to Communicating With Your Teen

- Asking too many questions
- Being bossy
- Lecturing
- Criticizing and shaming
- Jumping to conclusions
- Threatening and shouting
- Always knowing best





# Basic Communication Tools

- Listening fully (put away the phone)
- Use open ended questions or observations
- (You seem upset about that grade you got in English- instead of What happened in English and why did you fail that test? )
- Keep your own emotions in check



# Basic Communication Tools

- Validate their feelings

(That would have hurt my feelings too)

- Don't force the issue or conversation - You don't have to stare them down (great conversations happen in the car or walking the dog together...no pressure for eye contact)
- Resist the urge to solve the problem for them



# Basic Communication Tools

- Don't start with trying to cheer them up right away. Empathizing with the feeling is a better way to help them rather than trying to get them to not feel upset about the problem.
- Don't interrupt them and let them interrupt you - the idea is to let them feel comfortable opening up to you, not seeing if they can listen to you lecture them or spout off your best advice ever.
- Don't act like papa bear or mama bear - act like baby bear - just right - not overreacting or under-reacting to the situation.



# Basic Communication Tools

- Check your teen's body language - it will tell you volumes of information
- Empathy (I wonder what it feels like to be you right now?)
- What to say - Are you ok? You don't seem like yourself today. I'm here if you want to talk.



# Authoritative Parents

- Try to understand your teen's point of view and are willing to negotiate
- Voice your concerns
- Accept temporary unpopularity
- Aim for a win-win solution
- Choose your battles



# Natural Consequences

- Natural consequences happen if we don't take action or “rescue” our child
- It means standing back and allowing your child to learn from their mistakes.



# Logical, Smart Consequences

SMART consequences need to be:

- Specific
- Measurable
- Attainable
- Realistic
- Time-bound



# Final Message to Know

- We as parents don't need to be experts
- We do need to know where to look for advice and information
- We need to be confident that anything we say is correct



# Thank You

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