



Parenting Effectively: Setting Limits and Boundaries with Your
Teenager: February 26, 2015
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I. Adolescent Development:

- The job of a teenager is to *please their peers/friends*
- Teens *no longer* want to make their parents happy.. they are trying to please their friends first
- Teens are “test-driving” the life you have created for them- practicing the values, morals and education you have provided and taught
- Brain development: From NIMA (National Institute of Mental Health) – “the parts of the brain involved in keeping emotional, impulsive responses in check are still reaching *maturity*.”

II. Guidelines for Effective Parenting:

- Story about the highway patrol giving a ticket.. What happens when you are driving down the free-way and you look in your rear view mirror and see lights and sirens?? (no shouting, shaming, scolding)
- Try using terms like Managers use vs. emotional/feeling words
- Time to stop reacting to our emotions
- Your job is to be the enforcer

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III: Your New Management Program: Steps to Success:

- #1: You and your mate (all caregivers) must have a united executive sub-system
- Management must be a united
- #2: Manage not control- expectations but be enforceable
- #3: Write down desired behaviors
- #4: Sit down with your teenager to review and discuss
- #5: Set up the Rule, Desired behavior and consequence (no cell phones or i-pads or computers etc after 9 pm on school days. Turn in all technology/phones at 9pm on school days, loss of phone or i-pad etc for 24 hours if rule not followed)
- #6: Discuss rewards (extra time on weekends)
- #7: Set up weekly review meetings (Sundays 7pm) to negotiate and review the contract
- #8: Follow through!! Most important
- Imagine if the highway patrol stopped stopping us.. its easy to give consequences but tougher to keep the contract going when your teen is following it. Keep catching them "being good" , keep the weekly review meetings. "Stay the Course".

IV: Social Media, Cell Phones, Texting:

- Cell phones feel like a driver's license to our young people- freedom, excitement, and independence.
- Parents must monitor and explain that phones and social media are a privilege and must be earned and allowed when expectations are meant consistently
- Random checks, shared accounts and data plans
- Keeping up with the Jones..no such thing- reminder effective parenting means parents are managing their teens not the Jones.
- Limits should be set- time ok to text and not ok. What to post and what not to post. Consequence when the expectation is not followed. Reward when it is.
- Simple Management Style applies

V: Categories for Behavior Contract:

- 1- academic performance (grades expected in each class or GPA)
- 2-no drugs or alcohol permitted
- 3- participation in family rituals (family dinners 4x per week @6pm)
- 4-curfew
- 5-social media/cell Phones/computers

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