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The Parenting Expert

Parenting Made Easy System

**NAVIGATING THE CHOPPY WATERS OF
THE TEENAGE YEARS**

DAY 3: YOUR PARENTING VALUES

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In a nutshell – In this session, we will consider your parenting and personal values. I'll help you identify what values or principles are important to you, which is important because successful parents are very clear about what's really important to them, and what's non-negotiable. It will also help you to consider what values you would like to pass on to your children ...

Welcome back!

Successful parents are very clear on what's really important to them and about what's negotiable and non-negotiable.

So we are going to pause and reflect on what is important to you. I want you to consider:

- What's really important to you as a parent?
- What values or principles are really important to you?
- What is your ethos in life?
- What do you stand for?
- What are the values that you must honour in your life?
- Which are the most important?

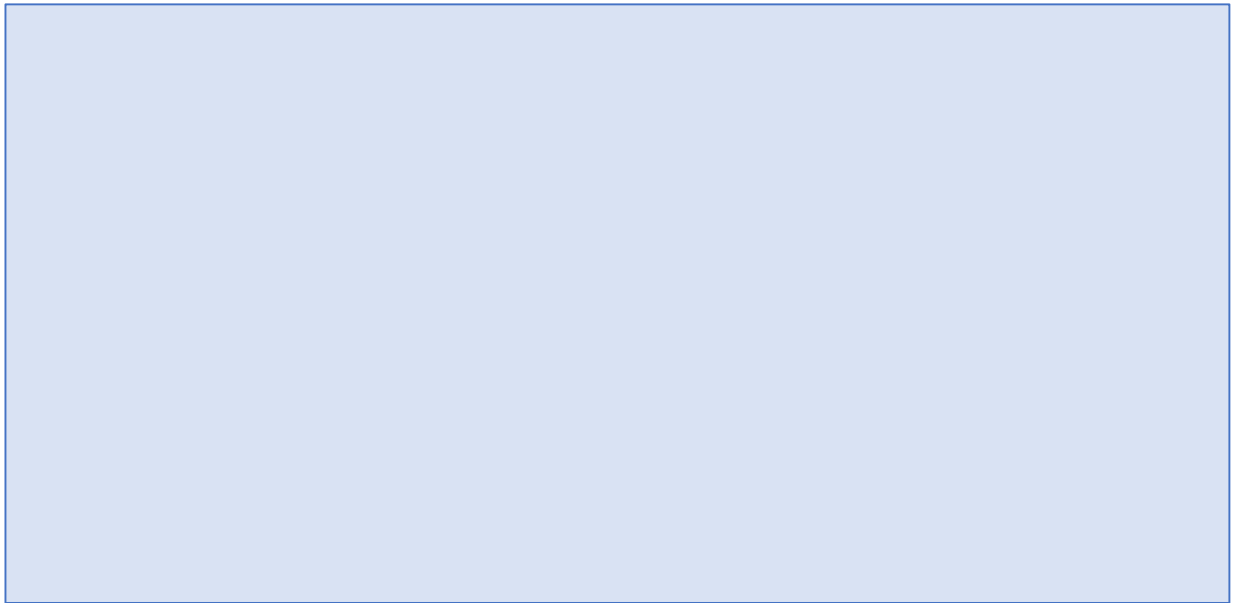
The reason for doing this is that your values are like your personal compass - they guide your decisions - they are what you stand for. Most people or parents don't spend any time actually analysing what they stand for, but if you're not absolutely clear about your values then it's hard to know how you can possibly pass them on to your children.

So let's take a few moments to think about and write down a whole list of what principles are important to you - things like honesty, determination, kindness, the ability to finish a task, being considerate of others, working hard, doing well at school, keeping your body fit and healthy. Take some time to think about the values that you hold dear.

Now it's your turn!

Pick up your pen and paper, take a deep breath, and list as many values and principles that you feel are important to you. Don't think about this too hard, just get busy with your list:

What values would you like to pass on to your children?



Now give each of these values a score of 1-10 – with 10 being your most important values, and 1 the least important ones. Think about how you are honouring these values in your life right now.

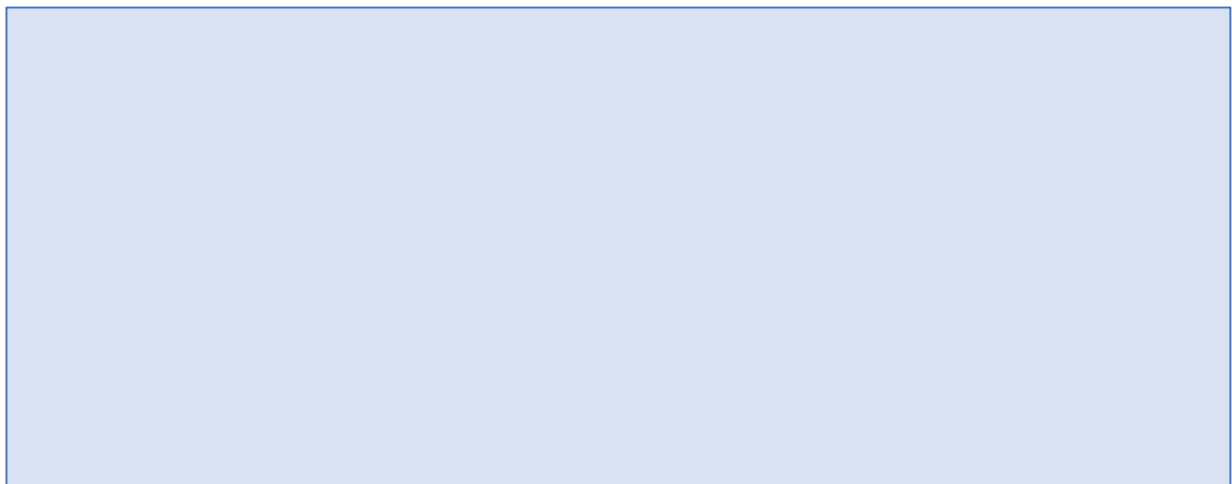
Now put your top 3 values in order

- 1)
- 2)
- 3)

Now that you have your list, perhaps there are some areas where you might like to make a change?

Just take a few moments to think how you tend to pass on your values at the moment, in your actions or in the way you talk to your children. Do you talk about being patient and tolerant but scream at the driver who cuts you up at the roundabout? What can you do differently or remember to say to yourself to remind yourself that you are always a role model?

Make a note of your thoughts here



Now that you understand more fully your values and principles, let's get clear about specific things that important to you as a parent of a teenager.

Give some thought to each of the following:

- What time would be sensible and realistic for your teen to go to bed?
- How can you encourage them to take responsibility for getting enough sleep?
- What are your views on going out on week nights? What time do you expect your children back?
- What are your expectations and routines if they get delayed? (Call you? Ask you to pick them up? Get a cab?)

By being clear on these issues you pre-empt any misunderstandings which prevent arguments and recriminations later on.

Now think about each of these issues:

- What are your views or rules about mobile phone use?
- What is a balanced amount of TV/DVD/computer games to watch or play each day/week?
- How can you encourage responsibility in those areas? What things can you do to encourage balance, commitment and honesty?
- What are your views on education, schoolwork and passing exams?
- How can you actively and positively support, encourage and remain interested in what they are doing at school?
- How can you help them set goals and achieve them?
- How do you develop good habits like being on time, eating healthily, exercising, having good personal hygiene, showing tenacity, keeping their word, telling the truth, passing exams, and giving back to their community?
- How could you develop their rather fragile self-esteem at this time? (Examples might include praising them, talking with them, spending time together, doing activities with them, eating together)
- How do you help them manage money?
- How do you encourage them to earn their own money?
- How do you encourage them to cook, iron, wash up, tidy up, wash their clothes and help around the house?
- How do you encourage them to show respect to others, other people's property and younger and older members of the family and community at large?
- How do you show an interest in the films they watch, games they play, music they like and things that make them laugh?
- How do you spend time together? What new ways could you find to spend time with them?

These questions are designed to help you get clarity about what's important to you. Although I am encouraging you to remain flexible, centred, grounded and mature in your approach, it's not about you making all the compromises. It's about choosing your battles so your kids feel you care but also respect that you're all learning to handle the new changes in your family dynamic and relationships.

Changes can happen quickly but I always think it helps to remember that habits take a little longer – so be patient with yourself.

A Quick Recap

- We have identified the values and principles that you stand for in your personal and family life.
- We have considered ways we can instil those values on our children.
- We have turned these principles into very practical expectations about everyday considerations like bedtimes, lines of communication, respect, housework and family time together.

Next time ...

I'll teach you a really simple technique you can use anywhere, at any time, to stay calm, grounded and positive when your teenager's attitude or behaviour becomes challenging ...

See you then!



Sue Atkins

As seen in:



THE  TIMES



theguardian

BBC
RADIO

Daily  Mail

BBC

The Daily Telegraph

this
morning

PSYCHOLOGIES

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