

Parenting Teens 101

All parents want their teens to feel confident, secure, and be successful in life. Knowing what to do as a parent of a teen to help them get there can sometimes be a challenge. Have a look at these 5 important “keys” to youth success. We’ve added a couple of ideas for parents under each key. Share your ideas with other parents.

*Remember, the more your teen is exposed to these, the less likely they are to engage in risky behaviours.

Nurture your teen:

- ✓ Notice their efforts and tell them. Give them a “thumbs up”
- ✓ Ask your teen for their opinion. It can be a real ego booster to them
- ✓ Keep the lines of communication open. Give them your undivided attention
- ✓ Label for your teen any skills they have as being strengths

Monitor your teen:

- ✓ Show an interest in where they are going, with whom and what they are doing
- ✓ Set clear limits and expectations
- ✓ Negotiate rules and responsibilities

School Engagement:

- ✓ Celebrate their work at the school
- ✓ Get to know their teachers
- ✓ Encourage them to discover extra-curricular activities and participate
- ✓ Find out how you can be involved as a parent volunteer

Community Engagement:

- ✓ Match your teen’s interests with opportunities
- ✓ Encourage ongoing volunteerism
- ✓ Celebrate and value participation
- ✓ Make it easy and safe for them to be involved

Peer Connectedness:

- ✓ Get to know their friends...and their parents
- ✓ Provide a welcoming environment for their friends at your home
- ✓ Role model “friendliness” and acceptance
- ✓ Discuss and role model friendship skills like empathy, listening, respect, trust

Community Parenting Events

Free Triple P –Positive Parenting Series

Triple P is a positive parenting program that promotes good communication and strong relationships between parents and their children.

Positive Parenting Seminars for parents of teens 12 – 16 yrs old will be presented by Public Health Nurses in your community on the following dates:

Location: Nelson High School library, 4181 New Street, Burlington

Time: 7 – 8:30pm

Session 1: Raising Responsible Teenagers, **Tuesday January 15, 2008**

Session 2: Raising Competent Teenagers, **Tuesday February 12, 2008**

Session 3: Getting Teenagers Connected, **Wednesday March 29, 2008**

You can register for one, two or three of the seminars, by calling Halton Region at 905-825-6000. When registering please specify the name, date and place of the seminar you wish to attend.

Community and Parent Partners for Kids (CAPP)

Provides parent education and community presentations two to three times per year usually at no cost. For information on upcoming events or if you are interested in being a parent representative, please call 905-825-6000.

Canadian Red Cross First Aid and CPR course – designed for anyone 15 yrs or older
Call 905-877-4490

Our Kids Network (Aldershot HUB)

Our Kids Network creates a family enabling community, ensuring the healthy development of Halton's children through the development of 4 neighbourhood based Hubs providing integrated services for children aged 0 to 18 and their families.

Our Kids Network also provides an extensive Community Services Inventory search engine at: www.ourkidsnetwork.ca

For more information about the HUB email: aldershothub@ourkidsnetwork.ca, or call 905-633-7108

Helpful Parenting Websites

Tranquility for Parents – how to take some time out for yourself!

<http://www.searchinstitutestore.org/product.php?productid=16487>

"Improving the Health of Young Canadians“. – discusses the 5 “keys” to youth success.

www.cihi.ca

The Parent Link: A fun and interactive Halton based parenting website

<http://www.theparentlink.ca>

People for Education: valuable parenting tip sheets in several different languages (includes tips on high school courses and choices)

<http://www.peopleforeducation.com/index.html>

Search Institute – has researched the building blocks (assets) that youth need to be successful, and offers clear ideas how to give your teen these assets.

<http://www.search-institute.org/>

Halton Regional Youth Advisory Committee – volunteer opportunities for youth in Halton

www.haltonyouth.com

Halton Region Health Department -

<http://www.halton.ca/health/parenting>

ROCK - Located in Halton, this agency delivers high quality programs and services to help infants, children, teens and adults who have, or are at risk of developing, mental health problems

<http://www.hcys.ca/>