

Parenting Your Adolescent



Small Acts,
Big Impacts

Robyn's background

- Taught pre-k & K
 - School psychologist, LPCC, LEP
 - CSULB part-time faculty in child/adolescent development
 - Mom
 - Suspended in kindergarten
 - Suspended in 11th grade
 - Previous Principal
 - Director, Mental Health Services
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Adolescents are not adults, nor are they children

Their brains are not fully cooked.

Prefrontal cortex growth is associated with memory, reasoning, impulse control, and decision making

Adolescents are not adults, nor are they children

Increased Dopamine

Dopamine stimulates reward system

- Dopamine spike results in hyperactivation
 - Hyperactivation linked to adolescent motivations for risk-taking and novelty
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Robyn's thoughts on parenting

1. It's a phase – it is not your job to fix it, it is your job to tolerate it until it passes

And

2. It's a phase – experience the parts you enjoy because it will not last

Small acts

Fighting with them sometimes means
holding your ground

Small acts

Being heard is more important than being right.

Small acts

Separate them from their behavior, it is not a package deal.

Small acts

It's your job to give them freedom, it's their job to prove they can be trusted with it.

Small acts

And, you don't have to trust anyone else.

safe places

safe people

photograph the alcohol, valuables, etc.

secret code

Small acts

Understand the need they are meeting, or trying to meet, with their behaviors.

Small acts

Don't ask why?

Small acts

Model what you want your child to learn.

Small acts

Reinforce, reinforce, reinforce!

7:2 rule

Small acts

Remember:

1. It's all a phase
 2. It's all normal
 3. They are supposed to be this way
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