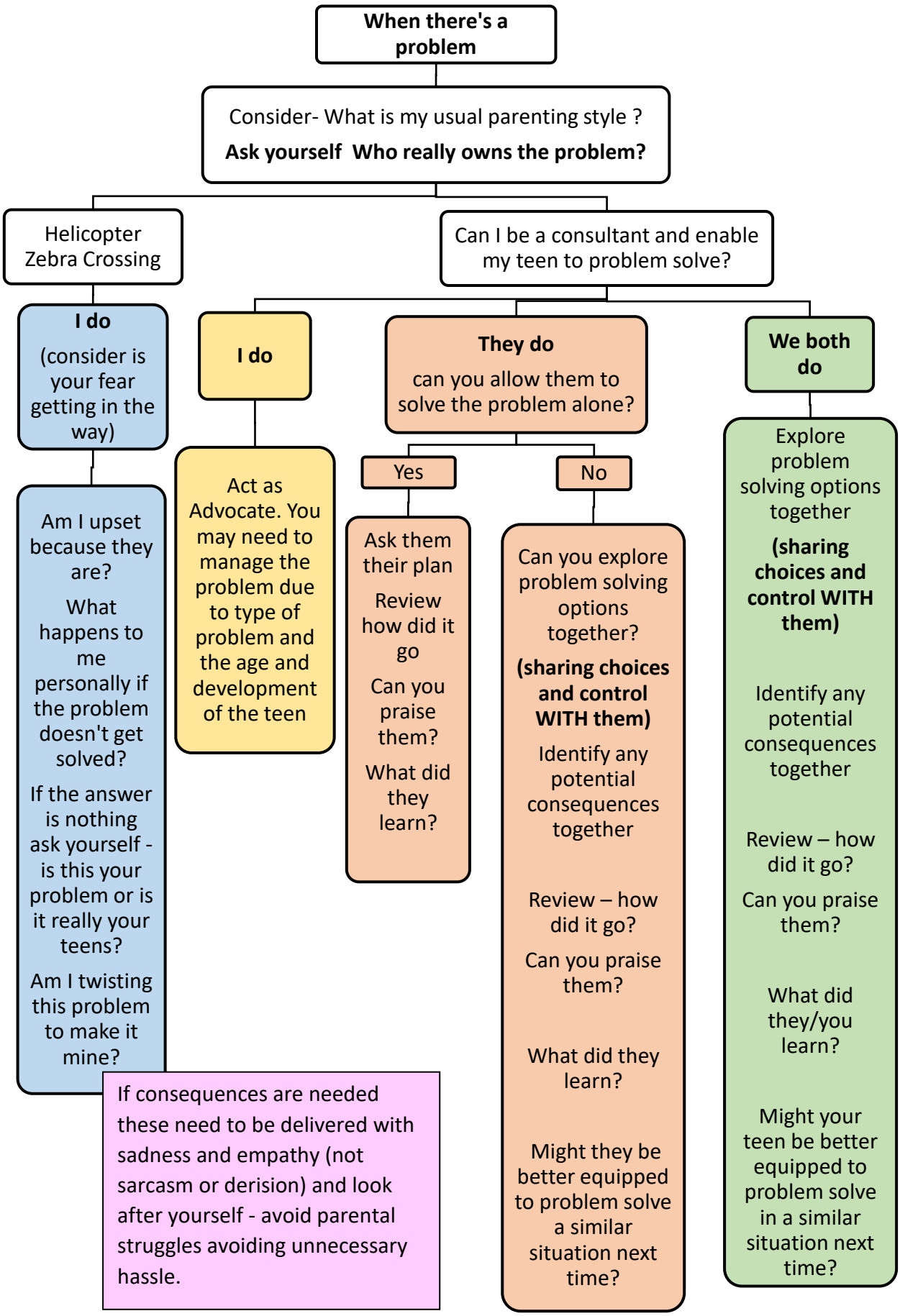
When there's a problem
Consider- What is my usual parenting style ?
Ask yourself Who really owns the problem?
Helicopter Zebra Crossing
Can I be a consultant and enable my teen to problem solve?
I do
(consider is your fear getting in the way)
Am I upset because they are?
What happens to me personally if the problem doesn't get solved?
If the answer is nothing ask yourself - is this your problem or is it really your teens?
Am I twisting this problem to make it mine?
If consequences are needed these need to be delivered with sadness and empathy (not sarcasm or derision) and look after yourself - avoid parental struggles avoiding unnecessary hassle.
I do
Act as Advocate. You may need to manage the problem due to type of problem and the age and development of the teen
They do
can you allow them to solve the problem alone?
Yes
Ask them their plan
Review how did it go
Can you praise them?
What did they learn?
No
Can you explore problem solving options together?
(sharing choices and control WITH them)
Identify any potential consequences together
Review – how did it go?
Can you praise them?
What did they learn?
Might they be better equipped to problem solve a similar situation next time?
We both do
Explore problem solving options together
(sharing choices and control WITH them)
Identify any potential consequences together
Review – how did it go?
Can you praise them?
What did they/you learn?
Might your teen be better equipped to problem solve in a similar situation next time?