



Objective

- » Developmental Considerations for Teens
- » Maintaining Good Communication
- » Discipline Guidelines
- » Establishing Rules and Limits
- » Natural and Logical Consequences
- » Working With Other Caregivers
- » Special Considerations When a Parent Deploys
- » Knowing When To Seek Help

★ 2 ★

Overview

- » The word “discipline” means to teach – it does not mean to punish or control
- » Effective discipline teaches self-control, enhances self-esteem, teaches respect for others
- » Teens need caring adults to help them control their behavior

★ 3 ★

Developmental Considerations

- » Lots of physical and hormonal changes
- » Has impulsive behaviors
- » Increased need for privacy
- » Highly sensitive to criticism
- » Thinking philosophically and questioning parent’s values

★ 4 ★

Discipline Guidelines

- » Teens want discipline
- » Remain calm
- » Avoid criticism
- » Be a good role model

★ 5 ★

Establishing Rules & Limits

Rules and limits provide children with a sense of stability:

- » Establish age appropriate rules and limits
- » Have your child participate in setting rules and consequences
- » Be consistent

★ 6 ★



Setting Consequences

- » Set consequences that can be completed quickly, then give the teen a chance to try again
- » Establish trust
- » Use natural and logical consequences

★ 7 ★



Natural Consequences

- » A natural result of the behavior
- » Not imposed by the parent
- » Allows the teen to own the problem and face the consequences
- » Teaches self-discipline

★ 8 ★



Logical Consequences

- » Imposed on the teen by the parent as a result of the teen's behavior
- » Should be logically related to the behavior
- » Makes the teen accountable for their choices and behaviors
- » Allows their problems to belong to them – not to you

★ 9 ★



Aggressive Behaviors

- » Should be dealt with immediately
- » Consequences should be very firm
- » Communicate that the behavior is unacceptable and non-negotiable

★ 10 ★



Working With Other Caregivers

- » Coordinate discipline methods
- » Share discipline issues
- » Report positive behavior

★ 11 ★



Special Considerations When A Parent Deploys

- » Many changes occur in the teen's world
- » Moods may fluctuate more than usual
- » Discipline problems may increase
- » Preparing your teen can help

★ 12 ★

Knowing When To Seek Help

- » Your teen’s behavior seems to be out of control
- » Established discipline methods aren’t working
- » You believe your teen could be a danger to themselves or others
- » Your teen becomes isolated and withdrawn from friends
- » There is evidence of drug use
- » Always seek help if you think you’re at risk for hurting a child or adolescent

★ 13 ★

Taking Care of Yourself

- » Be kind to yourself
- » Pamper yourself whenever you can
- » Give yourself credit for the good job you have done
- » Seek support from other parents and peers



★ 14 ★

Conclusion

- » Family rules and limits provide teens with a sense of stability
- » Effective discipline teaches self-control
- » Experiencing the natural and logical consequences of their choices teaches teens self-discipline
- » Special considerations should be made when a parent deploys
- » Seek help if you have concerns about your teen and usual discipline methods don’t help

★ 15 ★

Questions



★ 16 ★

Resources

- » Military Community Services
- » Chaplain and Local Clergy
- » Military OneSource (800) 342-9647
- » TRICARE www.tricare.osd.mil
- » Behavioral Health Service

★ 17 ★

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★ 18 ★