

Summary of Nancy Samalin's presentation for parents of teens & tweens:

Learn effective skills for handling the day-to-day challenges of adolescent behavior.

Practice techniques that will help you to respond, not react on automatic when your kids:

- tune you out
- resist your rules
- accuse you of being unfair
- question your judgment or sanity
- claim you don't trust them
- accuse you of ruining their life.

Parents and professionals will learn how to:

- Be authoritative—not authoritarian or permissive.
- Set clear rules about safety and responsibility.
- Be willing to be unpopular and unappreciated.
- Not over-react to teenagers' moodiness, disdain or verbal put-downs.

The emphasis will be on improving two way communication, learning to notice and encourage the positives, and survive a teen's less than enthusiastic response to your efforts to stand firm on non-negotiable issues. Remember that your job is to be a parent, not a pal.

Handouts will be available as well as recommended books.