

Jon Mattleman's

Top 15 Parenting Tips

#15

Your job is not to be cool or to be their friend. Your job is to be a parent; this means that sometimes you may not be cool in their eyes. It is age and stage appropriate that your kids hate you at times. If and when they do, we have to feel OK about this ---- meaning we may not like it, but we cannot take it personally.

#14

An adolescent's concept of risk is different from ours. Due to their adolescent brain, they do not see the consequences to risk that an adult does. They operate on their social rewards more so than other factors.

#13

Re-think their need for technology 24/7. Technology increases the potential for at-risk behaviors including drinking, drugging, sex, etc. Do they really need a cell phone all the time? Why would they need one while at school?

#12

They may not be ready for making good decisions. We are trying to build their resiliency up so they can deal with complex decisions such as drinking, drugging, etc. That said, no matter how much we work at this they may simply not be able, developmentally, to make good decisions. Are we asking for them to make good choices well before they have the brain development to be able to do so?

11

Think about being home as much as possible. No one ever said on their deathbed that they wished they had spent more time in the office.

10

Do more listening and less talking. What you say is less important than what they say. Not every moment is a teachable moment, but every moment can be a moment to learn more about your child.

9

Put down the distractions. TV, iPhones, Blackberries, computers, tablets etc. Model good electronic behavior.

8

We complicate things. Sometimes our expectations are too high, we want our kids to be different (and all they want to do is be the same), we are constantly giving them feedback and trying to fix things. Create realistic expectations and stop trying to fix things.