

School City of Hobart

National TV News Journalist (and Busy Mother of 8)

E. D. Hill

I'm Not Your Friend
**I'M YOUR
PARENT**

Helping Your Children Set the Boundaries They Need ...
and Really Want

Parent Workshop

Chapter 1:
Please, Thank You,
and Excuse Me

**79% of Americans feel lack
of respect and courtesy is a
serious national problem.**

Thoughts?



Manners are a sensitive awareness of the feelings of others.

Examples of Permissive Parenting

Page 2 - Child on Airplane

Child repeatedly kicked back of chair in front of him and parent ignores behavior.

Page 3 - Birthday Party

Parents host a party and a child guest digs into the cake. Children imitate bad behavior.

Parents know manners, civility, empathy, and respect are the cornerstones of their family life and our society.

Permissive parents hope their children learn that behavior on their own.

Non-permissive parents accept the time, patience, perseverance, and sometimes disappointments it takes to raise a well-mannered child.

5 Tips to Good Manners

1. Treat others the same way you want to be treated
2. Help your children understand the harm caused by thoughtless, unkind words and actions
3. Role play difficult situations to demonstrate how your child should respond
4. Establish a list of basic good manners
5. Treat your children how important it is to think of others, and take time to express gratitude by doing things such as writing thank you notes

**Punish bad behavior,
acknowledge good behavior.**

Examples?

Modeling Good Behaviors

“The hardest job kids face today
is learning good manners
without seeing it.”

-Fred Astaire

**The School City of Hobart
believes in Lifeskills,
Lifelong Guidelines, and
Guiding Principles.**

(Handouts will be provided)

Chapter 2: Spanking, Time-Outs and Other Eight-Letter Words

“The greatest lessons in life can come from mistakes you make, if you learn from them. That’s the key and this is the challenge to parents.”

-E.D. Hill

To Spank Or Not To Spank?

- The APA defines corporal punishment as “the use of spanking as a form of discipline which does not include beating or other actions that might be considered child abuse”.
- Discipline: to bring to a state of order and obedience.
- Punishment: a penalty inflicted for an offence.
- Child Abuse: can come in several forms, including physical, emotional, and verbal abuse. Results are devastating! “It’s hard to explain it, but you know it when you see it.”

The American Academy of Child and Adolescent Psychiatry reports that children who have been abused may display these traits:

- a poor self-image
- sexual acting out
- inability to trust or love others
- aggressive, disruptive and sometimes illegal behavior
- anger and rage
- self-destructive or self-abusive behavior, suicidal thoughts
- passive , withdrawn or clingy behavior
- fear of entering into new relationships or activities
- anxiety and fears
- school problems or failure
- feelings of sadness or other symptoms of depression
- flashbacks, nightmares
- drug and alcohol abuse
- sleep problems

Discipline Stages

- Dr. Paul Frick, in the Journal of Applied Developmental Psychology suggests:
- “Parents push spanking to the back of the line and try to use other types of discipline first, such as time-out, extra chores, and loss of privileges. Spanking, when you use it, has to be coupled with an explanation of why the spanking was necessary and what behavior the child needs to change for his own positive development.”
- Punishment should logically fit the crime and occur sooner versus later.
- The focus is not on hurting a child but on changing a child’s behavior to help him become a better adult.

Embrace Your Role

“If you have never been hated by your child, you have never been a parent”

-Bette Davis

“The moral of this chapter is to embrace your job as a parent. They need for you to be a parent, mentor and role model. You can be your child’s greatest advocate and supporter, but that doesn’t mean you accept everything at face value, and it doesn’t mean that you will do anything and everything they ask of you so that they will like you. It means loving them enough that you’re willing to take on the job of parenting. It’s a lifelong commitment.”

Chapter 3:
Ca-Ching, Ca-Ching:
The Allowance
Lowdown

Who Buys What?

Parents buy necessities and the kids have to use the money they save to buy anything else they want.



Given or Earned?

An allowance should be earned by doing chores around the house.

This helps the child understand the basics of money management.

Make sure you specify exactly which chores for what price and to what level they need to be done!

“People forget how fast you did a job, but they remember how well you did it”

-Howard Newton

Online Allowances

payjr.com

Pocketcard.com

Allowcard.com

Upsidevisa.com

- Debit card for teens-ages 12 and up
- Allowance chart for younger children

Online Allowances (cont.)

- List of chores provided or create your own
- Select amount of pay
- Verify it had been correctly completed
- You and your child receive emails
- Debit card allows transfers from your checking account to their card

“Work saves us from the three great evils: boredom, vice, and need.”

-Voltaire

Chart of Chores

- Ages 15-17
 - Help the little ones get dressed while I make breakfast
 - Watch the youngest children while I'm making dinner
 - Thoroughly clean their own bedrooms and bathrooms
 - Do their own laundry

Chart of Chores (cont.)

- Ages 13-14
 - Clean pet's cages weekly
 - Take out trash
 - Help with larger projects around house

Chart of Chores (cont.)

- Ages 11-12
 - Fill the pets' water jugs and feed them
 - Sweep the kitchen floor after every meal
 - Wash kitchen and bathroom floors on Saturday
 - Clean bathroom toilet weekly
 - Clean bathroom tub, mirrors, sink, counter and faucet
 - Water plants
 - Help fold and sort laundry
 - Make their beds daily

Chart of Chores (cont.)

- Ages 9-10
 - Vacuum bedrooms and stairs weekly
 - Dry the floors after they have been washed
 - Clean kitchen sink, counter, and faucet twice a week
 - Make their beds
 - Put plates, silverware, cups and napkins on table for meals
 - Help with loading and unloading dishwasher

Chart of Chores (cont.)

- Ages 7-8
 - Get food from pantry to restock kitchen
 - Help sweep
 - Help fold and sort clothes
 - Make their beds
 - Clean mirrors in main-floor bathroom twice a week
 - Sweep mudroom and main-floor bath twice a week
 - Help younger children

Chart of Chores (cont.)

- Ages 5-6
 - Take dirty clothes to laundry room
 - Sort laundry into red/blue and light colors to wash
 - Load dishwasher periodically during day and after meals
 - Empty dishwasher – stack plates, bowls and silverware onto counter
 - Clean certain windows and glass doors twice a week

Chart of Chores (cont.)

- Toddlers
 - Dress yourself – 2 changes of clothes *maximum* per day
 - Keep toys and movies picked up in living room
 - Straighten shoes at back door in morning and at night
 - Run errands with Mommy
 - Bring clean diaper, and take wrapped one to trash
 - General toy pickup throughout house daily

Chart of Chores (cont.)

- All children
 - Carry dirty dishes to sink, rinse if able

Off To Work I Go

- Children should not think they are too good for certain jobs
- This is how they will learn about the value of money and diligent labor

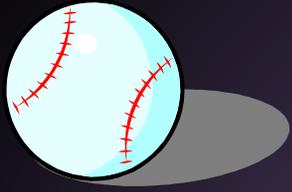
“Life grants nothing to us mortals without hard work.”

-Horace

Remember....

“Few people can understand smart money management and the value of work unless they are given lessons. That certainly includes our children. Non-permissive parents understand that not buying their children everything they want and teaching children to work for their money is the loving way to raise responsible children.”

-E. D. Hill



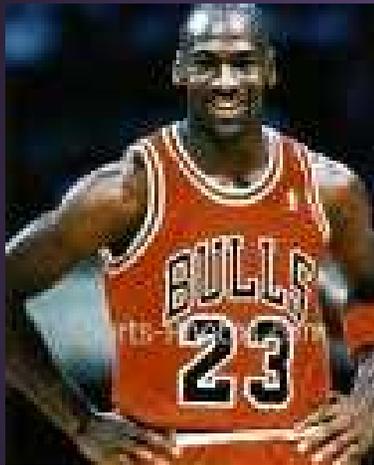
Chapter 4: Fair or Foul

Sportsmanship. Try it.

-Guard Engleheart



Professional Athletes



How easy is it to become one?

Let's Look at the Facts

- There are about 37,000 high schools in the United States
- Roughly 440,000 high school basketball players
- 8,000 make it to college teams
- 550 play in the NBA
- Only 30-40 new players make it to the league each year and half of those are from outside the U.S.
- Less than .005 percent will make it to the NBA.

So, Why Play Sports?

- To learn perseverance
- To develop leadership skills
- To establish Teamwork
- To learn about morals, ethics, and grace

So, Why Play Sports?

- To learn how to lose
 - As an athlete, the most valuable lesson isn't how to win but how to lose and keep going.
 - Losing is part of life, it does not change the value of your child in any way.
 - Losing is not the end of the world.

So, Why Play Sports?

For the ENJOYMENT of the GAME!



Permissive Parents Believe:

- A child will have good self-esteem only if you tell him he is a winner or the best all the time.
- You have to remove the possibility that he might lose.
- Children must be told they played great in every game even if they didn't.
- Children must be told they are winners, no matter what.

What does this teach your
child?

Rules don't matter

Non Permissive Parents Believe:

- Children should learn:
 - They aren't winners every time, but they have the *chance* to win every time if they practice and do their best.
 - To be respectful of the referees and all coaches
 - To encourage others
- Children should learn:
 - To take responsibility for their actions without excuses.
 - To show appreciation for the good effort of others
 - To show good sportsmanship at all times

“A gold medal is a wonderful thing.
But if you’re not enough without it,
you’ll never be enough with it.”

-Cool Runnings

Chapter 5: The Dress Code

“What people see on the outside is what they expect to find on the inside.” -Page 109

Get Your Responders Ready!!

Based only on appearance choose the phrase, in your opinion, that best describes each student.

The Dress Code



A) Good Student from a nice family, gets along with her parents

B) Troubled student from a troubled family, ignores parents

The Dress Code



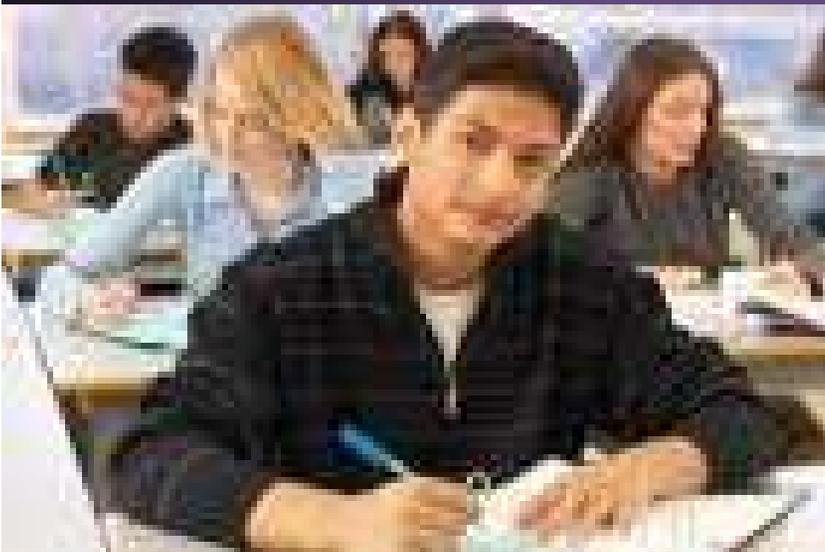
A) Good Student from a nice family, gets along with his parents

B) Troubled student from a troubled family, ignores parents

The Dress Code

A) Good Student from a nice family, gets along with his parents

B) Troubled student from a troubled family, ignores parents



The Dress Code

A) Good Student from a nice family, gets along with her parents

B) Troubled student from a troubled family, ignores parents



Types of Parents

Permissive Parents

- Rationalize that making mistakes and learning are part of growing up
- Believe children are adults in the making and should make their own decisions
- Believe children have the same rights as adults

Non –Permissive Parents

- Know kids make mistakes, but take time to influence the choices that can haunt them for a lifetime.
- Protect kids from themselves
- Understand that children's brains are not fully developed & they need limited choices.
- Understand that society does have unwritten rules and biases.

The Dress Code vs. High School

Fact:

Argument:

It doesn't matter if choices in high school lead to false impressions, it's only high school, you have your whole life in front of you.

The choices you make in high school impact where you go to college, which frequently impacts what firm or company hires you after school.

The Dress Code vs. Assumptions

Argument:

It's wrong and unfair
for people to judge
others without even
knowing them.

Fact:

People make
assumptions based on
the way you look.

“When I was fourteen, my father was so ignorant I could hardly stand to have the old man around. But when I got to be twenty-one, I was astonished at how much the old man had learned in seven years.”

-Josh Billings

Values in the World of Work

Who would you rather have file your taxes, operate on your heart, or protect your rights in court?



Values in the World of Work

Do's

- Dress like the person whose job you want.
- Plan to work hard, or else don't apply to work at all
- Arrive on time to work
- Respect your body by living a healthy lifestyle

Don'ts

- Wear flip flops
- Show too much skin
- Show piercings and tattoos

Chapter 6:

TEENAGERS:

The Alien Years



“Discipline doesn’t break a child’s spirit half as often as the lack of it breaks a parent’s heart”



- Brain researchers discovered the frontal lobe, which controls impulses and the ability to anticipate consequences and react accordingly, is undeveloped in teenagers.
- Teenagers are not fully mature in judgment, problem solving, and decision making

Definition of Teenager

- Stubborn
- Test limits and push boundaries
- Are easily annoyed
- Lose their tempers
- Argue with adults
- Refuse to comply with rules and directions
- Blame others for their mistakes
- Deliberately annoy other people



Structure and Consequences

Nobody's family can hang out the sign,
“Nothing the matter here.”

-Chinese Proverb

- Listen to your teen
- Be consistent
- Pick the important battles
- Pass on morals and ethics
- Resist the urge to want to be child's friend

Hands On vs. Hands Off Parenting

- **Hands On** parents monitor their children
 - Trust is earned, not given
 - Teens need space, not absolute freedom
 - Lay out the boundaries, allow teen to freely move about, & monitor their progress (but don't be controlling!!)
 - Parents want to know:
 - what their children are up to
 - who they're spending time with
 - what they're doing during that time
 - Adults should be parents to their children, not pals

Hands Off Parenting

- Get wide-eyed at the thought of invading their child's privacy
- Try to be their child's pal
- Do not monitor their child's behavior and tend to always believe them

Monitoring

Know Their Friends and Their Habits

- Check their phone
- Check their networking sites
- Check their school lockers
- Check their backpacks and/or purses, bedroom drawers, and closets
- Volunteer to be the team parent or drive their sports teams to events

What Works, What Doesn't?

Works

- Take away IPOD, cell phone, Wii, Computer privileges
- Deny car access
- Write a paper on what the punishment was, that described problem, offered potential reasonable solutions (verses)

Doesn't Work

- Spanking
- Ignoring
- Physical punishments
- DON'T GIVE IN

TOUGH LOVE

“There are times that parenthood seems nothing more than feeding the hand that bites you”

-Peter De Vries

- Make sure your kids know that giving into them, meeting their wishes, never punishing them and simply letting them do what they want is the easy way out for a parent.
- Parents need to take the time to RAISE their Children
- Teens will respect structure and safety over parents wanting to be their friend

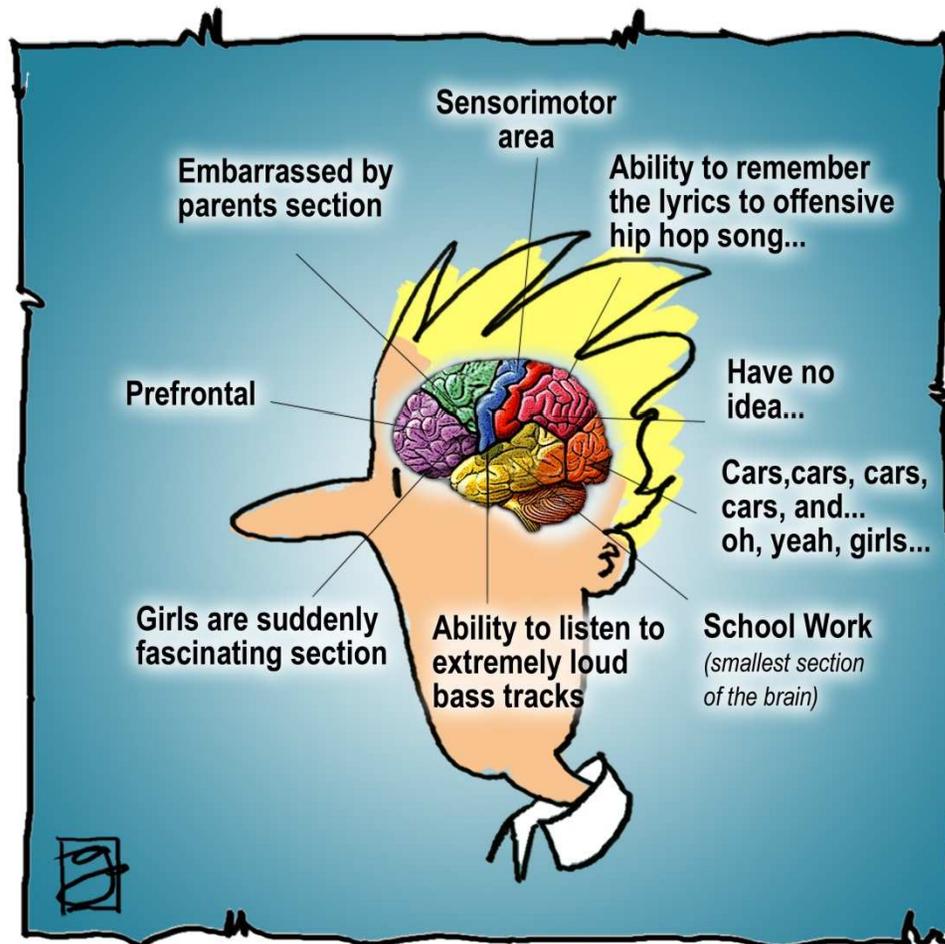
“YOU are in control of your life. Don't ever forget that. You are what you are because of the conscious and subconscious choices you have made.”

-Barbara Hall



**Chapter 7:
Driving, Dating, and
Other Death-Defying
Feats**

My son, Jake!



Anatomy of a Teenager's Brain

The Frightening Facts

Cause of Death: Motor Vehicles

–Male: 3,662

–Female: 1,967

Source: The Insurance Institute for Highway Safety, 2004

“ It takes 8,460 bolts to assemble an automobile, and one nut to scatter it all over the road.”

-Author Unknown



Privilege and Responsibility

- See Appendix B on page 206-216
- www.parentingteendrivers.com



Creative Monitoring

- Get to know your teen and your teen's friends
- Seek support from other teen parents



Dating Dilemmas

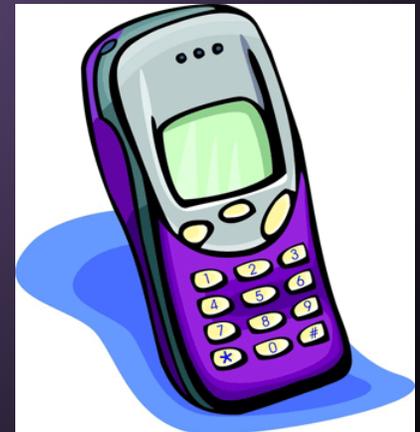


“Adolescence is a period of rapid changes. Between the ages of 12 and 17, for example, a parent ages as much as 20 years.”

-Author Unknown

Setting Boundaries with Dating

- Curfew/Get to know your teen's date and parents
 - Set time and discuss with your teen beforehand.
- Cell Phone Usage
 - Call Your Provider about blocking cell when car is in motion.
- Text Messaging
 - **NO TEXT MESSAGING WHEN DRIVING!!!!**



Chapter 8:
The Not-So-Good, the
Pretty Bad, and the
Really Ugly

Mission Possible

Parent's Job

- Parents do not want to know?
 - Admitting child uses drugs or alcohol
 - Dealing with that problem
 - Take time and be difficult
 - Want child to feel trusted
- Be there when your child makes a mistake!
- Very small percentage of parents try to get their children to use drugs or alcohol, but are they doing enough to prevent it?
- Research continues to show kids who learn about the risks of drugs at home are up to 50% less likely to use drugs.
- Only 31% of children report actually learning about the risks at home.

Lessons Worth learning

1. Talk to your children about everything-sex, drugs, rock and roll.
 1. Not school's responsibility to teach your child "Just say no." You are the parent.
2. Don't give your parenting responsibilities to someone else and expect them to do a good job.
3. Remember, the so-called quality of the children around your children means nothing.
4. NO child is perfect.
 1. Teens make mistakes and need their parents to realize and help them. Check their bags, purses, drawers and closets.

Choosing the Right Friends

- Parents hope their child is a positive influence on the friend instead of vice versa.
 - Don't fool yourself!
 - There is a greater chance your child will be pulled down, instead of pulling a friend up.
- Children want structure. They want rules, and they want to know someone cares enough about them to punish them. Know it. Believe it.

Americans

- According to “What America’s Users Spend on Illegal Drugs,”
 - users spent \$35.3 billion on cocaine in 2000
 - Decrease from \$69.9 billion spent in 1990
 - American consumed 259 metric tons of cocaine in 2000
 - Decrease from 447 metric tons consumed in 1990

With My Parents' Permission

- 49% of mothers of teenage girls say it is okay for their daughters to drink
- 38% of mothers say it is okay for their daughters to drink on special occasions
- 20% of mothers say drinking alcohol is a natural part of growing up

“First you take a drink, then the drink takes a drink, then the drink takes you.”

-Francis Scott Fitzgerald

“Character cannot be developed in ease and quiet. Only through experience of trail and suffering can the soul be strengthened, ambition inspired, and success achieved.”

-Helen Keller

