



DISCIPLINING YOUR TEEN

How can you best *discipline* a strong willed *teenager*? The following are a few parent-tested guidelines.

1. Give clear messages about household rules and limitations. Let them know what behavior is acceptable and what isn't.
2. Accent the positive. "Do's" make a stronger impression than "Don'ts".
3. Give your teen increasing responsibilities for his choices and actions. Don't dilute the effectiveness of rules by having too many, or erode your teen's sense of self-confidence by denying him the right to make some of his own decisions.
4. Be consistent and united. Agree as parents on the rules and stick together.
5. Take the anger out of discipline. Punishment is a way of releasing anger. Disciplining means teaching your teen the difference between acceptable and unacceptable behavior.
6. Criticize the behavior, not the child.
7. Realize that discipline is a life-long gift of love. It will help your teen to achieve, to get along with others and to grow in his/her capacity to have mature and intimate relationships.

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