

## Homework for Parenting – Ages 13 to 18



Add your answers to each lesson's homework below.

### Lesson 1

1. What is one of your teen's behaviors that you'd like to change? How do you currently respond to that behavior? Jot down new ideas for responding as you go through rest of the course.
2. Think about how you were treated as a teen. What do you think your parents did very well? What things would you like to do differently for your children? If you are parenting with someone else, discuss your answers.
3. Read the article "[Critical Comments Flow Freely From Parents](#)". What's one thing you learned from reading it?
4. This week focus on paying attention to your children's good behavior. Challenge yourself to make at least 3 positive, specific comments on your children's behavior each day. What were some of the comments you made? How did your comments affect your kids?
5. Read the article "[Children's Passions Are a Gateway to Meaningful Work](#)". What do your teens love doing? What are they good at? They will build their lives around their strengths, not their weaknesses.
6. You are invited to join a [private Facebook group for parents who have taken a Priceless Parenting class](#). This group is a place for you to share your parenting challenges, successes, new ideas and to provide support to others.

## Lesson 2

1. Practice staying calm with your children today. Challenge yourself to go the entire day without yelling at them. You may want to give yourself a well-deserved “Time Out” to help reach this goal! How did it go?
2. Try responding to your teen's challenging behavior with the process you learned: Calming Down, Understanding, Planning and Acting. Describe the situation and how each step went.
3. When your children ask you for something, try turning a “no” into a “yes”. One way to do this is to agree to fulfill the request at a future time. How did you turn a “no” into a “yes”?
4. Pay attention to any power struggles with your teens. What is the struggle about? What do you control in this situation? What does your teen control?
5. Read the article [“Responding to Misbehavior with Fight or Flight Versus Pause and Plan”](#). What helps you to use “pause and plan” instead of “fight or flight”?



## Lesson 4

1. Try to avoid giving your teen any orders this week and use choices instead. Pay attention to how you feel and how they react to these choices. Describe two situations where you gave choices instead of commands.
2. Read the article "[Allowing Your Children to Struggle is Often the Best Way Through a Problem](#)". What is one example where your kids have learned by struggling through a problem?
3. This week try guiding your teens through solving a problem without solving it for them. How did it go?
4. Teens often want more freedom but not necessarily the additional responsibility that comes with that freedom. What new freedom does your teen want and what are your expectations for granting that freedom? Discuss it with your teen.
5. Sometimes your kids may be held back from participating or succeeding due to strong emotions of fear, anger or anxiety. Read the article "[Releasing Emotions Holding You Back](#)" for ideas on helping your kids through these big emotions. What's one thing you learned from the article?

## Lesson 5

1. Which of your teen's current behavior do you feel you need to set a limit on?
2. How do you typically respond to this behavior?
3. What new response do you think may work better? Think about how you can stay calm and positively connect with your teen before responding to the behavior.
4. Read the article "[Lying, Cheating and Stealing](#)". Talk to your teens about their thoughts on this topic. What's something new you learned from the article or from talking to your teens?
5. This week avoid rescuing your teen from the consequences of his or her behavior. How did you do this?

## Lesson 6

1. Find one news story on the topic of drinking, drugs, sex, anorexia or suicide and discuss it with your children. What story did you discuss?
2. Review the information [your teens should know about sexuality by ages 13-18](#). Have at least one conversation this week about one of those topics with your teen. How did it go?
3. There are millions of grandparents with the primary responsibility of raising their grandchildren. What are your thoughts on this? Discuss it with your teen.
4. The average age for teens to have their first alcoholic drink is 13. Find out what your teen thinks about drinking and also discuss your thoughts and values. What did you learn?

## Lesson 7

1. This week focus on telling your teens what you are going to do, not what they have to do. Doing this avoids fights plus gives teens the opportunity to think about what they will choose to do. What's one example where you did this?
2. Avoid arguments with your kids today. Try using empathy and non-engaging responses instead of entering into a battle. What is your favorite non-engaging response?
3. Think back to the last time you had an argument with your teens. What was it about? How could you have reacted differently to avoid fighting?
4. Read the article "[Avoiding Power Struggles with Your Children](#)" for more stories and ideas on avoiding power struggles. What is one idea you tried to avoid a power struggle?

## Lesson 8

1. Think of one of your teen's chronic behavior problem. Discuss possible consequences for solving this problem with another adult. Try out a consequence. How did it go?
2. Look for at least one situation each day where you can allow your teens to learn from the natural consequences of their behavior. What was the situation and what happened?
3. The next time your teen does something inappropriate where there is not a natural consequence, find a consequence that is related to the behavior and that will help your teen learn from the mistake. What did your teen do and what consequence did you decide on?
4. Practice using positive consequences instead of negative consequences whenever possible this week. What's one positive consequence that you used?

## Lesson 9

1. Write down problems you are currently experiencing with your children that might be helped using the Collaborative & Proactive Solutions.
  
  
  
  
  
  
  
  
  
  
2. Choose one problem and use the Collaborative & Proactive Solutions to identify and try out a solution. Write down the steps you took.

How did you bring the problem up?

What did you learn about your child's perspective on his behavior?

How did you explain your concerns about the behavior?

What solutions did you brainstorm together?

Which solution did both of you agree to try first?

3. Practice listening to your child for three minutes each day this week. Work to listen without interrupting, providing advice or trying to reassure your child. How did it go?

## Lesson 10

1. Think about all the chores that need to be done to keep your household running. Write down this list of chores. What are some examples of chores on your list?
2. Next to each chore write down who will be doing that chore. This [blank chore chart](#) may be helpful.
3. Figure out where the children's chore responsibilities will be posted. Will there be some way they will indicate when the chore is done (e.g. initialing a calendar)?
4. What is the consequence if your children do not get their chores done in the designated time?

## Lesson 11

1. This week try to catch your teens doing something well and comment on it. Be specific about what you liked. What's one example of how you did this?
2. Start a list of the things you admire in each of your children. Find a way to share at least one of those items with each child. How did your children react?
3. Spend at least five minutes each day listening to or being with each child. How did it go?
4. Since starting this course, what is the best change you feel you've made in your parenting?
5. Take time to do something special for yourself that leaves you feeling recharged. What did you do?
6. Please provide [your feedback on this class](#) and then you can print your certificate of completion.