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RAISING EMOTIONALLY INTELLIGENT TEENAGERS

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WHY IT IS DIFFICULT TO PARENT TEENS

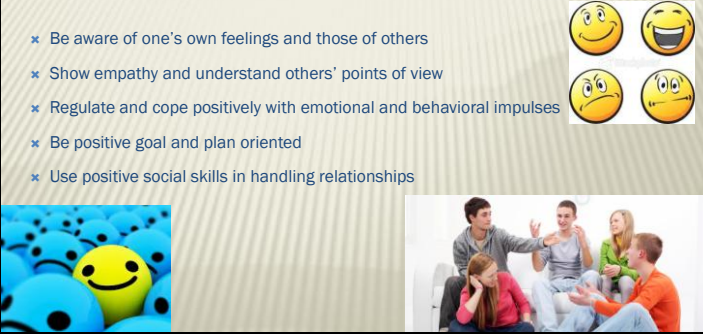
- * The teen brain is characterized by intense emotions rather than thoughtful judgment.
- * Teens need to separate from their parents to establish their own separate identity.
- * Teens have always been influenced by their peer group, and social media is making this worse.
- * Teens are under more stress now than in recent generations, and the demands on them are greater in all areas.
- * Teens can trigger strong emotional reactions in their parents.



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GOALS FOR TEENS SOCIAL AND EMOTIONAL DEVELOPMENT

- * Be aware of one's own feelings and those of others
- * Show empathy and understand others' points of view
- * Regulate and cope positively with emotional and behavioral impulses
- * Be positive goal and plan oriented
- * Use positive social skills in handling relationships



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WHAT TEENS ARE USUALLY TRYING TO EXPRESS

- * In need to save face.
- * Please listen to me.
- * I'm looking for an argument.
- * I need support.
- * I need your help.






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THINGS TO KEEP IN MIND IN PARENTING TEENS

- * Encourage recognition of personal strengths and weaknesses.
- * Help them make realistic goals and plans, long and short-term.
- * Support them in coping with frustration and disappointment.
- * Encourage involvement in extracurricular activities that build social skills and develop interests.
- * Have teens give to others through chores at home and community service.








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PARENTING STRATEGIES

- * The more you talk, the less they listen.
- * It is about them, so appeal to "enlightened self-interest."
- * Use "natural and logical consequences" rather than "punishment."
- * Model what you want to see in them: self-control, respect, listening, etc.
- * Find time to hang out with them, and have fun with them.
- * Patience, patience, patience.

RESOURCES

- ✦ "Raising Emotionally Intelligent Teenagers"
Available for purchase through Dr. Tobias's office 973-829-6806
- ✦ "Emotionally Intelligent Parenting: How to Raise a Self-Disciplined, Responsible, Socially Skilled Child"
Mar 7, 2000 by Maurice J. Elias Ph.D. and Steven E. Tobias Psy.D.

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