

BECOMING A RESPONSIBLE PARENT.

- 'Good parents often act like servants to their children and teenagers, doing far too much for them. They remind them, coax them, pick up their clothes, make their school lunches, give them money and settle their fights. An alternative to being a 'good parent' is to be a *responsible parent*.
- Responsible parents respect their children and teenagers, encouraging them as far as possible to make their own decisions **and** to live the consequences of those decisions. When you stop 'rescuing' your children and allow them to live with the consequences of their actions they can quickly become more responsible.
- Responsible parents **are firm but not controlling**.
- When we allow our children more choice and freedom, this has to be gradually, in stages -at times challenging their behaviour and offering guidance. You will need to lower your high standards and have lots of patience.
- We do lots of things for our children and teenagers that they are more than capable of doing for themselves.
- Parents need to be available for genuine emergencies but not 'regular' occurring emergencies that could have been foreseen and are the result of carelessness or forgetfulness.

PLANNING AND SKILL PRACTICE:

- Identify something that you are currently doing for your child / teenager which they could do for themselves.
- Choose on new responsibility that you will introduce during the next week and be as specific as possible: How will you start? Who with? When? Try to get the backing of any other adults who live with you.