

OPTIONS FOR PARENTS

Option # 1 Improve or strengthen some needed boundaries at Home.

Most teens, who are struggling, defy or ignore any needed boundary which is exactly what puts them at risk. Boundaries are designed to keep teens safe and protected from risks and dangers. Boundaries then, are essential for Teens exhibiting any Warning signs. The booklet “Difficult Teens, Suggestions for Parents” Gives some good ideas on how to improve and strengthen your boundaries in the home.

This works well if your teen is reasonably cooperative, however, the downside is that uncooperative teens tend to further rebel and often become more defiant when faced with having some new boundaries. Therefore, the ability to implement needed boundaries in the home for these teens often becomes thwarted or even impossible.

Option # 2 Do nothing and hope the problems go away.

The problem is, this is often like watching a two year old play in the street and hoping they don't get hurt. The potential for serious problems, injury, or consequences is overwhelming. Furthermore, most problems don't just go away and in most cases without any intervention will actually get worst, usually much worst.

Option # 3 Intervention.

There are some great options available to you. Again, the “Difficult Teens, Suggestions for Parents” booklet has contact and resource information listed in it that can assist you with any needed intervention options.

For information on Interventions for Struggling Teens call

1-866-460-4086

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