

3. Guide and Limit

Teens need parents to uphold a clear but evolving set of boundaries, maintaining important family rules and values, but also encouraging increased competence and maturity.

Strategies for Parents	
Maintain family rules	or “house rules,” upholding some non-negotiable rules around issues like safety and central family values, while negotiating other rules around issues like household tasks and schedules.
Communicate expectations	that are high, but realistic.
Choose battles	and ignore smaller issues in favor of more important ones, such as drugs, school performance, and sexually responsible behavior.
Use discipline as a tool	for teaching, not for venting or taking revenge.
Restrict punishment	to forms that do not cause physical or emotional injury.
Renegotiate responsibilities and privileges	in response to your teen’s changing abilities, turning over some areas to the teen with appropriate monitoring.

Key Message for Parents:
Loosen up, but don’t let go.