



THE INSTITUTE FOR HEALTHY FAMILIES OF NORTH TEXAS

"helping achieve small miracles!"

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Nurturing Healthy Kids and Teens in an Uncertain World

By Dr. Sandra W. Froese, LPC-S, ©2013. All rights reserved.

As I write this June newsletter, schools are ending for the summer break; college students are looking for work; 13 high school teenagers were "busted" at one of the local high schools for drinking on prom night; fire engines are blaring their sirens signaling an auto wreck or a house fire; the death toll in Iraq, Afghanistan and Syria continues to rise; the economy is still "recovering" and the President is trying to deal with the most "recent scandals." In the Midwest and Southwest, we are recovering from the latest round of damaging tornados that have shattered countless lives.

As responsible adults and parents are there ways we can keep our kids and teens safe in a world seemingly fraught with danger, uncertainty and problems?

One wonders! While we can't protect our kids from some bad things that happen, we can help them evaluate which ones over which they have some control. We can help guide their choices so that they learn from small mistakes that aren't compounded by huge mistakes. Kids and teens that are "over protected" are not going to learn valuable lessons of life. And, kids and teens that are "under protected" are not going to feel safe and may face danger.

High school seniors who make a bad choice of drinking an alcoholic beverage before attending the prom need to accept the consequences of their behavior that just might save a life in the future--their own! Missing their graduation procession is going to be mighty small in the grand scheme of things.

1. Wise parents nurture and encourage their children and teens without "spoiling" them and making them feel "entitled" and privileged.
2. Wise parents love their children and teens for who they are now--not just who or what they will become.
3. Wise parents do not excessively criticize their children and teens on things that don't matter. (Coming home on time matters. Monitoring attendance and grades at school matters. Keeping their bedroom clean and tidy the way the parents think it is supposed to be does not matter.)
4. Wise parents listen to their children and teens about their hopes, dreams and fears, instead of "telling" or "yelling."
5. When the time comes, wise parents are able to "let go" so that their mature college-age student and young adult can create his or her own path.

Parents! It is time to "wise up" and be the kind of parent your child and teen needs! There are plenty of resources and workshops for parents sponsored by schools, churches and counseling professionals! So get going! For starters, you can log on to <loveandlogic.com> for some online ideas to help you raise great kids.

The Institute of Healthy Families of North Texas offers a 30-minute consultation at no charge so you can determine if we are the right counselors for you and so we can determine if we have the resources to assist you. *For information and to learn more about our counseling services go to our website at www.texasicounselors.com or e-mail Dr. Sandra Froese at swfroese@sbcbglobal.net.*