



How to Motivate Your Pre teen/Teen to Behave (11 and older)

The most important thing you can do to increase positive behavior in your preteen/teen is to create closeness and warmth in your relationship. When kids act up or misbehave it is hard to feel close and warm! Here are some tips that have been shown to work:

Special One on One Time Pre-teens/teens (11 + years old)



Set aside 15-20 minutes 3 times per week to spend time together:

1. Identify an activity your pre-teen/teen really enjoys, that you can do together: *making a recipe, going someplace together like the mall, the park or for a walk, doing artwork, playing interactive video games, playing some kind of physical activity together like ball or skating. Avoid TV, video games that don't involve interacting or games that are aggressive or highly competitive.*
2. Encourage more open communication in general during the activity. A really good way to do that is listen attentively and show interest in what they talk about (even if it is not very interesting to you!): *"tell me more about what happened when you and Megan had that argument"; "I can hear that your feelings are hurt"; "Thanks for explaining to me about [Warcraft, Farmville, Wii], I didn't know that".*
3. Ignore minor misbehavior. *Unless the pre-teen/teen is doing something dangerous, just ignore and then return your attention and comment/praise on the NEXT appropriate behavior the child shows.*
4. Never use one on one time as a reward or consequence. *One on time is even MORE important on days when there are problems.*
5. Things to try during one on one time:
 - Use Descriptive statements such as: *"You are so careful when you measure the ingredients".*
 - Use Praise statements such as: *"You're really good at.....". "You have great taste in clothes"*
 - Use Reflective statements such as: *Pre teen/Teen: "I'm good at this game" Parent: "You're really good at this game".*
6. Things to avoid during one on one time:
 - Avoid asking too many questions or giving commands
 - Avoid correcting or making critical statements (even if tempted)

REMEMBER:

Be consistent in routinely spending this special time together, the benefit builds up over time. It is like money in the bank for the hard times, and makes every day life much better.



**One on One Time
Plan for this week**

Activities I will try:	
Specific time and place:	
SEE IT: Your counselor will demonstrate while you pretend to be your kid. What was it like?	DO IT: Now you try it. This is different than normal playing so your counselor may have some tips. Write down anything you want to work on:
Any reminders or support I will use:	
Possible challenges or obstacles & how I will overcome:	

Track how it went!

Date						
Did I do it?						
How did it go?						

