Setting Boundaries with Tweens and Teens

An introduction to Positive Discipline

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Notes	like you're the only
Notesiii	
	parent struggling
	Current Challenges:
	1
	2
	3
	Future Life Skills:
	1
	2
	3
	You are not alone.
	But why is my kid acting this way?
	Human behavior is influenced by our
	need for, and perception of
	and
	- Adlerian Theory The teen brain is wired for
	The teen brain is when for
Joyful 🔯 Courage	,
Jogpho 🖭 com myc	and
Podcast	- Dr. Dan Siegel, auth

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- Dr. Dan Siegel, author of Brainstorm: the Power and Purpose of the Teen Brain

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	Punishment invites:
Notes	R
	R
	R
	R
	Logical Consequences are:
	R
	R
	R
	R
	Better place to start?
	Find
	R
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	R
	H
9oyful 🎉 Courage	
	Solutions are ALWAUS consequ

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Solutions are ALWAYS consequences. Consequences are NOT always solutions.

Setting Boundaries with Tweens and Teens

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	What are boundaries?
Notes	Boundaries are the energetic, or,
	that parents hold
	for their tweens and teens,
	with enough for them to grow into the young adults they are meant to be
	Steps to create boundaries:
	Questions to consider
	when navigating challenging behavior:
	Chanenging behavior.
	What skills may be missing?
	What need might this behavior meeting?
Q 0	
Courage	
odcast	The most powerful tool you have for influencing behavior
rses * Membershi	

is the relationship you nurture with your teen.

What's next?



Goin me for more growth and learning!

Positive Discipline 6 Week Class

for parents of tweens and teens

Tuesday, May 10th, 5-7pm PST / 8-10 EST Tuesday, May 17th, 5-7pm PST / 8-10 EST Tuesday, May 24th, 5-7pm PST / 8-10 EST Tuesday, May 31st, 5-7pm PST / 8-10 EST Tuesday June 7th, 5-7pm PST / 8-10 EST Tuesday, June 14th, 5-7pm PST / 8-10 EST

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"I know there are other parents that are struggling with how to transition to parenting a teen. And it's not too late even after they're teens, to begin using a kinder yet firm approach."

- Mama Lori



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"In these uncertain times I NEED the grounding I get from Positive Discipline. Casey does a brilliant job of teaching the core concepts and guiding you through the **challenges of putting them into practice.** This program is for everyone. If you are familiar with Positive Discipline it's a fantastic refresher. If you are new to Positive Discipline this will be a game-changer for your family. Your time and money will be very well spent."— Mama Sarah



Middle School and Beyond...

Q&A Notes

