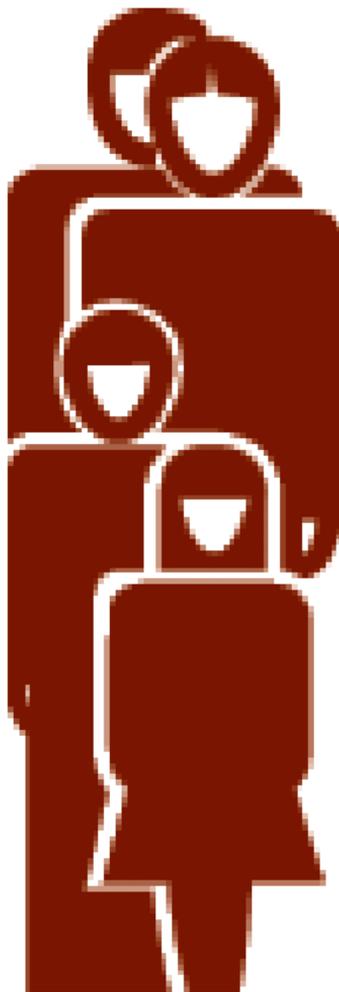


Positive Parenting

Thoughts and Tips



TOWNSHIP HIGH SCHOOL DISTRICT 211

**UNITED STATES DEPARTMENT OF EDUCATION
BLUE RIBBON SCHOOLS OF EXCELLENCE**

 If you require assistance while visiting a District 211 school, please contact the principal's office.

For individuals who are deaf or hard of hearing, please access the following TTD/TTY telephone number: (847) 755-6654.

Dear Parents:

You are very important people. As you know, parenting is difficult today, given significant and on-going changes in our society and world. Frequently, teenagers need much parental support in the development of self-confidence, dependability, and self-reliance.

This brochure serves as a bridge from us to you. We offer our help, training, and cooperation so that, by working with you, your child will have the guidance necessary to become a mature, well-adjusted, and self-disciplined young adult.

The following thoughts are intended to encourage communication and provide a frame of reference for you and your child. If you would like more information or additional assistance, please contact your child's counselor.

Whatever you do, don't give up. An undiscussed problem is unresolved — possibly forever.

Fairness

Fairness is an act of love. Parents are responsible for establishing an atmosphere of mutual respect and trust.

- ▲ Listen — you don't have to agree, but it helps if you understand.
- ▲ Remember — everyone has a say, but not necessarily his or her way.
- ▲ Model — children should see what you want them to be.
- ▲ Keep an open mind.

Friendliness

Friendliness is an act of love. Parents set the tone for a warm, accepting environment.

- ▲ Enjoy your child.
- ▲ Encourage healthy, responsible decision-making.
- ▲ Understand and support your child's need for increasing independence.
- ▲ Expect mistakes and mutually learn from them.
- ▲ Take time to spend with your child, one on one.

Firmness

Firmness is an act of love. Parents are often expected to take an unpopular, but appropriate, position on difficult issues.

- ▲ Structure is not confining, but allows them to explore safely.
- ▲ Agree in advance to limits and logical consequences.
- ▲ Follow through on agreed upon consequences.
- ▲ Affirm and recognize personal growth in yourself and in your child.
- ▲ Act. Don't merely threaten to act.

Flexibility

Flexibility is an act of love. As responsibility increases, parents set limits for expanding freedom.

- ▲ Allow yourself to be persuaded, but not bullied.
- ▲ Respect your child's viewpoint.
- ▲ Practice shared problem-solving.
- ▲ Become an approachable parent.
- ▲ Adolescence is a developmental stage; responding to their needs is a process.
- ▲ Take time. Adolescents expect immediate decisions. Show them how to consider the big picture.

Need Advice?

Contact your child's counselor or a member of the *Student Services Department*:

Palatine High School

(847) 755-1630

William Fremd High School

(847) 755-2630

James B. Conant High School

(847) 755-3630

Schaumburg High School

(847) 755-4630

Hoffman Estates High School

(847) 755-5630

Community Resources

Bridge Youth Services

Palatine, Illinois • (847) 359-7490

Kenneth Young Center

Elk Grove Village (Schaumburg Township)

(847) 524-8800

Alexian Center for Mental Health

Arlington Heights • (847) 952-7460

Spectrum Youth and Family Services

Hoffman Estates • (847) 884-6212

Northwest Mental Health Center

Inverness • (847) 952-7460

For More Information ...

Palatine High School

1111 N. Rohlwing Road • Palatine 60074-3777

(847) 755-1600

www.phs.d211.org

William Fremd High School

1000 S. Quentin Road • Palatine 60067-7018

(847) 755-2600

www.fhs.d211.org

James B. Conant High School

700 E. Cougar Trail • Hoffman Estates 60169-3659

(847) 755-3600

www.chs.d211.org

Schaumburg High School

1100 W. Schaumburg Rd. • Schaumburg 60194-4150

(847) 755-4600

www.shs.d211.org

Hoffman Estates High School

1100 W. Higgins Road • Hoffman Estates 60169-4050

(847) 755-5600

www.hehs.d211.org

G.A. McElroy Administration Center

1750 S. Roselle Road • Palatine 60067-7336

(847) 755-6600

www.d211.org



TOWNSHIP HIGH SCHOOL DISTRICT 211

“Construyendo el Futuro, Un Estudiante a la vez.”

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Palatine, Illinois 60067-7336

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Web Site: www.d211.org