

Points of Success:

Love,
Attention,
Consistency,
Consequences

1. **Love** must be the basis of all behavior – Setting limits, saying “No.” and imposing consequences, when appropriate, are *loving acts* – loving your kid enough to “parent them.”

Tell your teen that you *Love Them* every day.

Do this through:

Voice,
Touch,
Hugs,
Notes.

2. **Attention** – Attending to them – Looking, talking, touching, hearing, smelling – Orienting toward them – Giving them time – Being with them – Time alone with them

“Special Time”
“Special Relationship”

Catch them doing something right
10 times more often
than you catch them doing something wrong.
(Loving attention)

- Acknowledge all improvements – there are Millions of them throughout their development.
- Celebrate often – celebrate the sunrise, moon, mom’s cooking, them picking up their towel.
- Attend their games, their music.
- Learn their video games.
- Create a MySpace page with them.
- Dads w/ sons – “**Doing**” – ball games, hunting/fishing, ball playing, car shows, driving, golf.
- Moms w/ daughters – “**Being**” – easy chitchat, gathering (shopping).