

Child Issues

Goal

To bring about better understanding and communication between parents and children, with recognition that each have the same five emotional needs.

Child Issues

This is a list of 20 questions, concerns, and problems frequently expressed by children about parent-child relations. Numerous exercises are possible using this list. Any of those described below can be used in the program from time to time to emphasize specific concepts or for variety. The same exercise may be used with children or parent groups.

Optional Exercises - Child Issues

Facilitator explains that in any of the exercises below the children should keep in mind the concepts of the Five Critical Needs and Student of Own Behavior (Chapters 1 and 4 in *How To Raise Emotionally Healthy Children*).

Exercise 1. Total Group Activity

- a. Facilitator selects one issue from list of 20 and calls on individual child to answer the following question:
What advice would you give to a parent who has heard about a child's concern and wants to know how to deal with it?
- b. After several children have responded, facilitator asks other children to comment on the responses.
- c. Facilitator shares observations and then emphasizes the importance of the Five Critical Needs.

Exercise 2. Pair Activity

- a. One member of the pair selects an issue and asks the other for advice on how to deal with it. The two then discuss the advice given.
- b. The same process is followed with the other member of the pair selecting the issue.
- c. Total group discussion: Pairs report to total group on the issues selected and results of their discussion.
- d. Facilitator summarizes and emphasizes some of main principles involved.

Exercise 3. Role Playing

Using the format of Exercises 1-2 above, similar exercises can be conducted using role-playing, with one child playing adult and the other playing child.

Parent/Child Relations
Children Questions & Comments

Read the items below and place a check next to each one that you believe is a valid question or comment—i.e., one that many young people might express.

- 1. Parents are not very understanding towards specific problems. They expect us to be perfect, right after we are “hatched!”
- 2. Being open with my parents is a problem I have. And they aren’t open with me.
- 3. Why do parents constantly forget that it is not easy, if not more difficult, to grow up, and why don’t they ever remember that they too were once “teen-agers”?
- 4. Why are parents always so skeptical?
- 5. My parents are great. But I would really like to go out and see some of my friends (boys and girls) at night. I would like to know how I can change their minds about letting me date.
- 6. My parents spoil my younger sister.
- 7. Parents being bothered about things that have to be done but haven’t been done yet.
- 8. Parents sometimes talk about things in front of me, but don’t want my opinion.
- 9. Why are some parents so bossy and others not?
- 10. Overprotective – when I want to do something like go out with friends, I get 3rd degree questioning.
- 11. They sometimes pressure me to be like them instead of living my own life and doing what I want to do.
- 12. Being able to tell my parents how I really feel sometimes and being afraid and having to withdraw.
- 13. My concern is that my parents worry too much about what I do.
- 14. Nag, nag, nag.
- 15. Trying to get my parents to understand my opinions and tastes are different than theirs.
- 16. Trying to get parents off teenagers backs about homework.
- 17. How do I stop my parents from always trying to rescue me and solve my problems?
- 18. One concern is my parents, and society’s high expectations of me.
- 19. How do you express yourself to your parents when they always think their way is right.
- 20. Why should I have to look my very best at school – when my parents won’t even see me.

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