

# Parent Issues

## Goal

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

## Parent Issues

This is a list of 20 questions, concerns, and problems frequently expressed by parents 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 exercises may be used with children or parent groups.

## Optional Exercises - Parent Issues

Facilitator explains that in any of the exercises below the parents 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 parents to answer the following question:  
**What would you say to a person asking for advice on the selected issue?**
- b. After several parents have responded, facilitator asks other parents 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 parent playing adult and the other playing child.

**Parent/Child Relations – High School Project**  
**Parent Questions & Comments**

- \_\_\_ 1. How do I get my child to do his homework? He says it's boring.
- \_\_\_ 2. My child's room is like a pig's pen. What can I do about it?
- \_\_\_ 3. My 6-year-old asks lots of questions about sex. I tell her she's not ready yet. I don't know if that's the way I should handle it.
- \_\_\_ 4. How to keep your child away from drugs?
- \_\_\_ 5. How to deal with obstinate or stubborn behavior without resorting to screaming or physical punishment.
- \_\_\_ 6. When to be strict and when not to be.
- \_\_\_ 7. How do you keep authority and still stay your child's friend.
- \_\_\_ 8. How much should parent involve oneself in sibling strife?
- \_\_\_ 9. How to motivate children in school and play?
- \_\_\_ 10. How can we encourage a child to be honest with parents, when a justifiable, deserved punishment is given to the child after he has been honest?
- \_\_\_ 11. How "in tune" do Mom and Dad have to be in their approach and philosophy of childrearing?
- \_\_\_ 12. How do you teach obedience without suppressing free will?
- \_\_\_ 13. What do you do if the friends your children bring home behave terribly, and yours follow suit?
- \_\_\_ 14. How do you get kids to realize that sex (intercourse) is not an appropriate teenage activity?
- \_\_\_ 15. How closely should a parent monitor a daughter's social activities?
- \_\_\_ 16. I am concerned that my reactions to situations may be causing our children to turn away from us or from me.
- \_\_\_ 17. What is right amount of direction or input to give child regarding their future career?
- \_\_\_ 18. The constant pull over freedom such as how late she stays out, where's she going (especially since I don't know most of her school crowd).
- \_\_\_ 19. Inability to get any response to open-ended questions regarding relationships.
- \_\_\_ 20. How to limit TV watching and computer by teenage children?