

JOB TITLE:

PARENT – TEENAGER

JOB PURPOSE:

PREPARES TEENAGER FOR RESPONSIBLE ADULTHOOD

by

providing a safe, positive, soothing, caring and comforting environment; serving nutritious food in an amiable environment; helping with educational assignments and projects; teaching values; applying conduct guides; evaluating friendships and associations; disciplining fairly; planning for the future; loving unconditionally and always.

ESSENTIAL FUNCTIONS:

1. PROVIDES A SAFE HOME

by

identifying life's threats; monitoring reading and viewing subject matter; protecting against hazards; relying on teenager to support emergency evacuations, call for police, fire, and emergency medical services; providing children with personal location and contact information, or alternative resources.

2. CREATES A POSITIVE TEEN REARING CLIMATE

by

loving unconditionally; preparing family activities; minimizing depressing thoughts; avoiding conflict; teaching lessons about honesty, empathy, jealousy, self-reliance, cooperation, self-control, competition, sharing, cheerfulness, and kindness; recognizing differences among family members; nurturing self-esteem; respecting privacy; maintaining open communications; making time to talk; finding things to laugh about.

3. SOOTHES PRE-TEEN'S PROBLEMS

by

watching for signs of psychological distress; providing comfort; listening to concerns; offering assistance; pointing out possible resolutions; teaching coping skills.

4. TEACHES LIFE SKILLS

by

discussing a moral code; exploring how to solve problems; discussing and evaluating optional behaviors; modeling appropriate behaviors; pointing out appropriate and inappropriate behaviors; passing on experiences; teaching financial responsibility.

5. MAINTAINS FAMILY HEALTH

by

following nutritional and health guidelines; finding ways to reduce stress; encouraging physical activities; limiting passive activities; controlling video game usage; monitoring television and movie-watching decisions; monitoring telephone use and friend and acquaintance choices; maintaining physical check-up and immunization schedules; adhering to prescribed medication routines and dosages.

6. PROVIDES NUTRITIOUS MEALS

by

planning healthy menus; preparing shopping lists; shopping for groceries; planning and assigning meal preparation responsibilities; monitoring food preparation; helping teenager learn meal planning and improve food preparation and serving skills; ensuring adherence to recipes; reviewing meal presentation; evaluating food appeal; noting improvement changes for future meal planning.

7. MAINTAINS FAMILY DINNER TABLE AMBIANCE

by

reminding teenager how to use utensils and napkins; demonstrating good manners including eating over the plate, resting hands in lap when not using utensils, accepting food and presentation, speaking when not chewing food, complimenting the person who prepared the meal, saying "please" when asking for and "thank you" when receiving food and beverages.

8. TEACHES VALUES OF CLEANLINESS AND ORDERLINESS

by

re-enforcing expectations of an orderly household to which all family members contribute with assigned chores, as well as pitching in when a situation warrants; holding teens responsible for personal space, including making the bed each day, changing linens, dusting furniture, cleaning floor, helping with laundry, folding clothes; placing clothes in storage drawers; hanging clothes on clothes hangers and storing in closets.

9. REQUIRES HELP AROUND THE HOME

by

expecting placement of trash and recyclable trash in containers, removing trash from home to receptacles for pick-up; mowing the grass; seeding and fertilizing the lawn; weeding, planting, and maintaining flowers; growing and harvesting fruits and vegetables; washing and cleaning the family car or van; putting away groceries; helping with home general cleaning; helping with household repairs; painting and staining surfaces; operating carpet-cleaning and other household maintenance equipment; assisting younger siblings with their chores.

10. SUPPLEMENTS CLASSROOM LEARNING

by

helping teenager utilize library and/or learning center resources; guiding and controlling internet research; helping teenager prepare for examinations, and plan and complete special projects; fostering teenager's personal exploration of areas of special interest; reviewing homework assignments; planning for future education and career.

11. ENFORCES DISCIPLINE

by

expressing desires as what should be done instead of what shouldn't; explaining requirements assertively instead of aggressively; establishing pre-teen appropriate rules and consequences; addressing behaviors instead of personalities; applying conduct guides consistently; evaluating pre-teens friends' conduct; conferring with other parents.

12. RE-KINDLES PERSONAL SPIRIT

by

recognizing signs of stress; taking a break; spending time with supportive friends and family; consulting physician and pediatrician for guidance; taking time to reflect on results; resting; re-examining directions; choosing paths to follow; avoiding dissuasion; committing energy; moving forward.

13. PREPARES FOR THE FUTURE

by

establishing objectives; promoting curiosity; exploring and evaluating options; developing plans; conferring with teachers and counselors; developing educational and financial plans; reviewing care options if unable to raise children to adulthood; creating legal documents and other protections.

14. CONTRIBUTES TO TEENAGER DEVELOPMENT

by

welcoming different and new personal dimensions; never giving up;
loving unconditionally and always.

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