



Discipline and your Daughter

Parenting today can be difficult and complex. Finding the balance between maintaining your daughter's safety and providing opportunities for her to learn from her mistakes and experiences can be a fine line. Furthermore, parenting styles need to be adjusted on a regular basis to reflect your daughter's growing maturity and developmental needs. Dr Michael Carr-Gregg, leading authority on teenage behaviour and author of *The Princess Bitchface Syndrome: Surviving Adolescent Girls* offers these tried and true strategies as a guideline for parents. The following provides a summary of these:

1. **Use consequential learning** Agree on consequences beforehand and ensure the consequence fits the 'crime'.
2. **Don't be a doormat** Mobile phones, iPods, spending money and trips to the movies or a friend's house are Privileges NOT Rights. It is important for parents to expect respect and maintain a sense of their own self-worth and model these qualities to their daughters.
3. **Always say what you mean and mean what you say** If you say you will do something and you do it, or you say you won't do something and you don't do it, you will win your daughter's trust. Consistent parenting is essential.
4. **Use non-verbal management strategies** Do something rather than talk about it. Turn off the television, disable the computer – actions speak louder than words.
5. **Focus on the positives** Decide what you want her to do and state this clearly.
6. **Use the 'Trudeau' approach** Convince her that you are willing to follow through, even if she has never seen you actually do so before.
7. **Keep Calm** Remain calm and lower your voice rather than raising it.
8. **Make her accountable** As long as she lives under your roof, make it clear she needs to be accountable for her actions, that you do have a right to monitor her.
9. **Act with conviction** Develop the confidence to believe in your own parenting.

Further recommended reading:

The Princess Bitchface Syndrome: Surviving adolescent girls – Michael Carr-Gregg
Surviving Adolescents: The must-have manual for all parents – Michael Carr-Gregg
Queen Bees and Wannabees: Helping your daughter survive cliques, gossip, boyfriends and other realities of adolescence – Rosalind Wiseman
Bullybusting – Evelyn M Field
What to do when your children turn into teenagers- Dr D Bennett & Dr L Rowe
Raising Real People: Creating a resilient family – Andrew Fuller
Raising Girls: Why girls are different- and how to help them grow up happy and strong – Gisela Preuschoff
Reviving Ophelia: Saving the selves of adolescent girls – Mary Pipher

For other parenting resources visit:

www.parentingideas.com.au; www.triplep.net; www.parenting.sa.gov.au;
www.gettoknowyourdaughter.com.au

For further parenting support, the following services are available:

Parent Helpline Ph 132 055
Lifeline Helpline Ph 13 11 14
Centacare Family Support Ph 9519 6788
Relationships Australia – Adolescent Family Therapy and Mediation Service Ph 9890 1500
Stepping Stone Family Counselling Ph 9558 3529
TOUGHLOVE Ph 1 300 856 830

Recommended reading for adolescents:

Secret Girls' Business – F Angelo, H Pritchard & R Stewart

Recommended websites for adolescents:

www.girlforce.com.au ; www.beyondblue.org.au/ybblue ; www.headroom.net.au ;
www.moodGYM.anu.edu.au; www.reachout.com.au ; www.kidsinmind.org.au ;
www.realitycheck.net.au; www.cdc.gov/powerfulbones ; www.4girls.gov ;
www.dvirc.org.au/whenlove; www.kidshelp.com.au; www.burstingthebubble.com;
www.AngriesOut.com; www.somazone.com.au; www.theshource.gove.au;