

Successful Launching Starts Today!



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This workshop is based on concepts from Channing-Bete's "Guiding Good Choices", an evidence-based program

Successful Launch

- ▶ What Are You Looking Forward To?
- ▶ What Are Your Concerns?
- ▶ What Is Your Child/Teen Looking Forward To?
- ▶ What Are Your Children's/Teen's Concerns?



Old school parenting

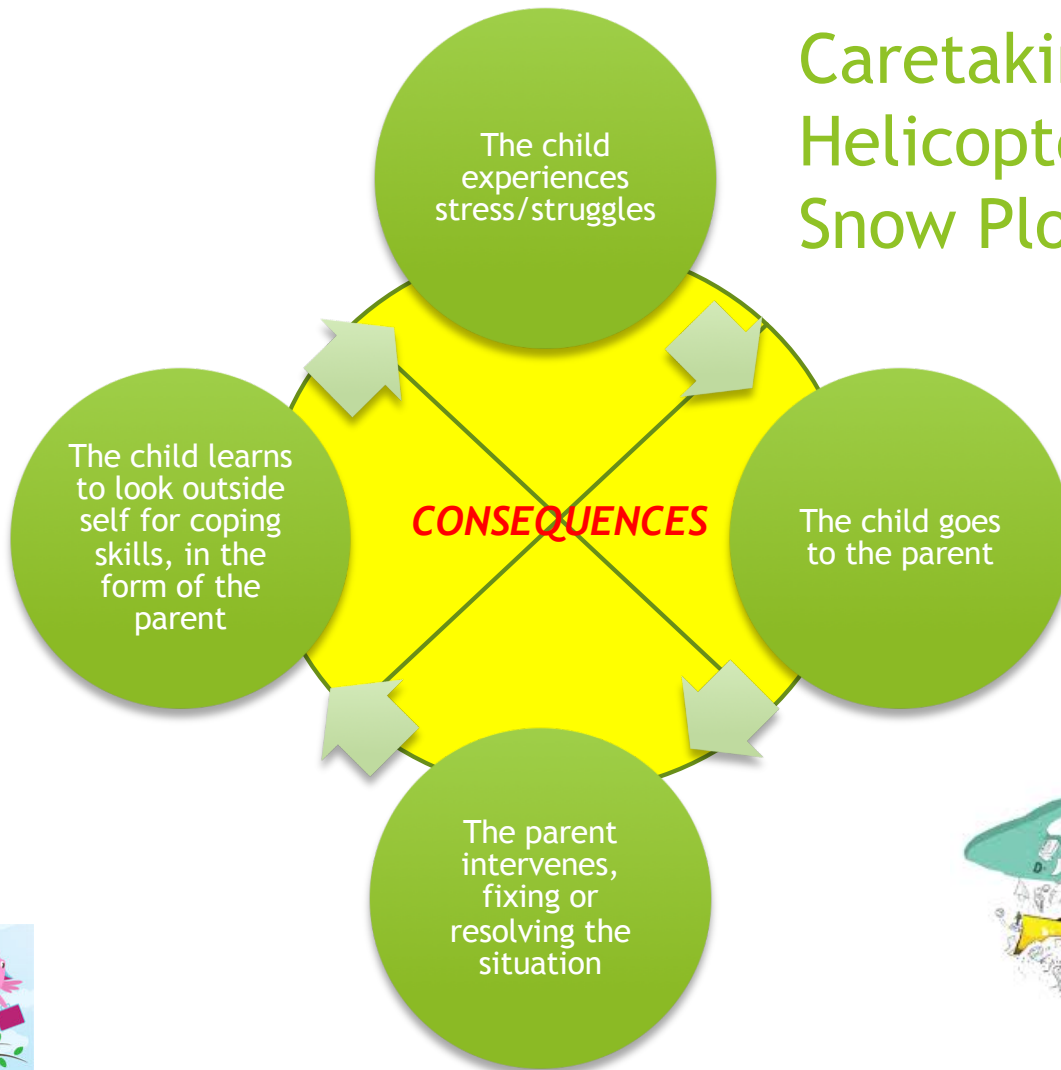
- Let kids entertain themselves
- Don't shield kids from making mistakes
- Kids are expected to contribute (chores)
- Parents aren't their friends
- No quitting allowed
- Accept responsibility for your actions
- Be consistent
- Independence is encouraged
- Parents don't intervene in arguments
- Respect everyone
- Family time is protected
- Teach the value of hard work



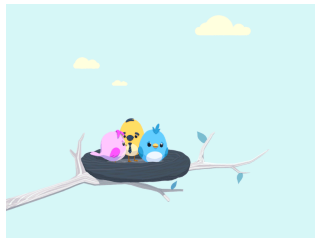
From “12 Old-school Ways I Parent My Kids” by Christina Antus



Caretaking Cycle - Helicopter Parent Snow Plow Parent



Parents Job – Meeting our Kids' Emotional Needs at each Developmental Stage



Natural course of childhood
arranges consequences to
promote growth



Natural consequences

Biological

- Naturally occurring
 - If you don't bathe, you itch
 - If you don't eat, you're hungry
 - If you go out without a coat, you are cold
 - If you don't sleep, you become tired

Social

- Neglect of responsibilities to school, work, or friends
- Consequences usually include rejection or failure
 - If you don't do your homework, you won't pass the class
 - If you don't work/do chores, you won't have money

Family

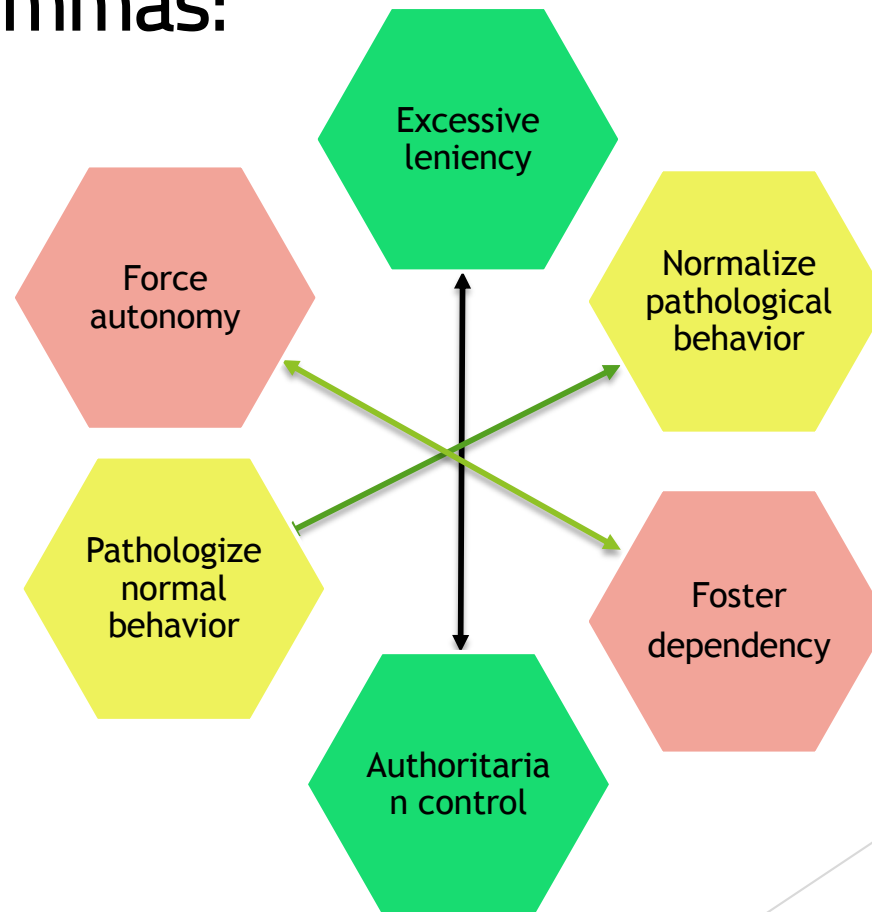
- Only implement when none come from other sources
- If you misuse a privilege, you lose it and you must demonstrate respect for that privilege to get it back
 - If you misuse the computer, you must demonstrate proper use of it
 - If you mistreat a family member, you must engage in an activity with them, and act like a best friend



Prescribing failure: appropriate for kids for whom a traditional deterrent system does not work



Adolescent & Parent (Dialectical) Dilemmas:



Teen & Parent Emotional Needs



...young adults who feel they can share honestly with their parents say they feel free to make independent decisions and don't feel the need to rebel against their parents' expectations.



Yanir, I. Close Families Raise More Independent Adults. Science Daily.
December 6, 2007.



Healthy Parent-Adolescent Relationship

Parent Role - Connect

- Accept our adolescent's dependency
- Affirm their development into their own separate person
- Remain your child's emotional and moral compass
- Invite your teen to rely on you emotionally until they're emotionally ready to depend on self



Adolescent Role - Extend

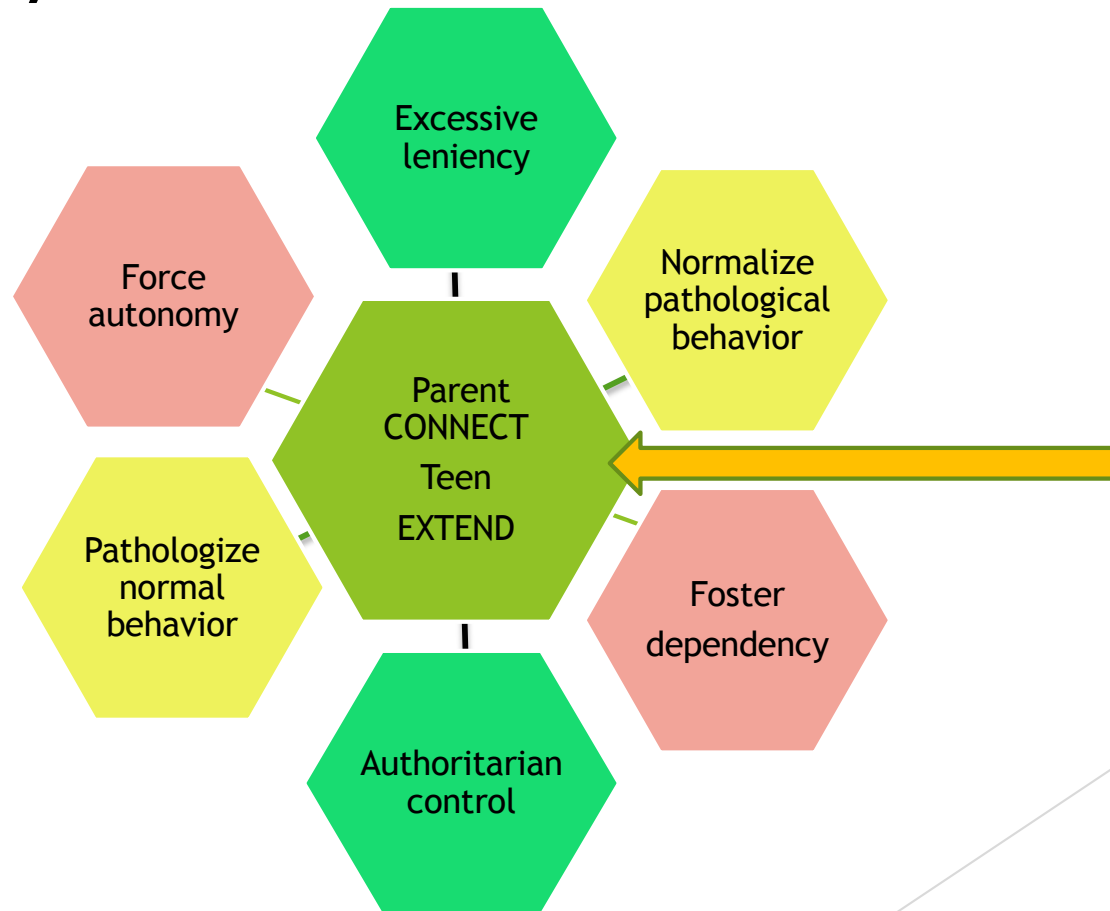
- Become increasingly independent
- Focus shifts to peers and own passions
- Experiment with intimate relationships, relying on solid intimate relationships at home



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Adolescent & Parent (Dialectical) Dilemmas:



Meeting
Adolescent
& Parent
Emotional
Needs



How To Stay Connected to Your Adolescent

- Recognize that your adolescent's fierce need for independence doesn't mean he can't stay connected to you.
- Practice Active Listening - Listen. Empathize. Keep advice to a minimum.
- Be available when your child wants to talk.
- Don't try to remake your adolescent.
- Welcome your adolescent's friends.
- Emotional Bank Account - Keep track of the "goodwill balance" in your relationship with your adolescent and make deposits - fill it with warm interactions as necessary.
- If you don't get the response, step back and watch how you initiate.
- Don't take it personally
- Place a premium on relationships in your family by spending some time together every single day.
- When we re-collect our teens physically into our orbit, we need to re-collect them emotionally as well & consciously refocus our attention.
- Acknowledge separations and reunions.
- Until you've re-established the connection, keep distractions to a minimum.
- Attune to your adolescent's mood.
- Welcome your adolescent's expressions of independence.



Preparing Yourself Emotionally for the “Bitter Sweet” Launch

- Acknowledge you have done a great job!



Acknowledge to yourself the sense of grief, loss and sadness you may feel
Make a plan for the logistics of the initial goodbye - the physical separation

- Are you accompanying your teen
- How are you traveling... to where are you parking
- How long are you staying
 - Then you only have the emotional aspects to deal with

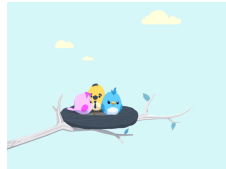


Preparing Yourself For the “Emotions” After the Launch

- The daily reality of living without your child at home - worry about their welfare
- Communication is key for ongoing healthy relationship:
 - Give your teen the space to be independent
 - Stay in touch to see how they are - ADVANTAGE of TECHNOLOGY
 - OK for you to miss them
 - OK for them to miss you
- The Empty Nest
 - Stay busy with other activities
 - Now's the time to really take care of YOU!



What is Next in this Emotional Journey?



Ask Yourself:

- What does it mean to me to launch my teen?
- Where am I now with my teen?
- Where do I want to be with my teen when they launch?
- What do I need to do to get there?



Thank You!

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