



# ENTITLED TEENAGER

## P A R E N T I N G C H E C K L I S T

### SETTING LIMITS / BOUNDARIES

First, review the current limits and boundaries you have set with your teen. Most importantly review how consistent you are being enforcing the boundaries

What Boundaries are clearly defined and understood by your teenager?	What are the consequences for breaking the boundaries?	Are You Following Through?

Now consider what areas do you need to implement or redefine boundaries with your teen. This needs to be done when things are calm and should be a negotiation. For more about how to set boundaries with your teenager check out the post below.

<http://understandingteenagers.com.au/blog/what-every-parent-needs-to-know-about-setting-boundaries-for-teenagers/>

What NEW Boundaries need to be established?	When Will It Be Done?



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## P A R E N T I N G   C H E C K L I S T

### GIVING RESPONSIBILTY

Make a list of the current responsibilities your teenager has and where that responsibility is expressed. Then determine if your teenager could do with taking on some new responsibilities.

Responsible for Themselves	

Responsible around Home	

Other Responsibilities	

New Responsibilities I Can Give My Teen	By When



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## P A R E N T I N G   C H E C K L I S T

### BAD BEHAVIOUR

Make a list of the bad behavior you are ignoring, giving in to, or rewarding. Then note down how you are going to respond next time it happens, this might take some thought and research if you are unsure the best way to manage.

Bad Behaviour Not Being Dealt With	What I Will Do Next Time

Now make a list of what you need to do in order to enable you to respond well next time. i.e. read some more about certain behavior, practice your response, discuss some changes with your teenager....

Things I need to learn / do before next time	Tick When Complete



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### LIFE'S CHALLENGES

Are there areas that you are protecting your teen from consequences of their choices or paving over the obstacles for them before they get to deal with things themselves?

In what situations am I rescuing my teenager	What could I do instead?

### OPPORTUNITIES

Are you giving your teen opportunities to fix their own mistakes, take on new challenges, or redeem themselves from mistakes?

Opportunities I can identify to offer to my teenager

