



POWER PAREN-T-EEN PRESCRIPTIONS

DAILY PRESCRIPTIONS
FOR THE COMMON PARENTAL HEADACHE

VOLUME 1
CARLOS JOHNSON

POWER
PAREN-T-EEN
PRESCRIPTIONS

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FOR THE COMMON PARENTAL HEADACHE
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TEENS:
A GROWING
STRUGGLE

WE SAID IT WAS O.K.

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When did all this craziness start with our youth? Let's see, maybe it started when Madeline Murray O'Hare complained she didn't want any prayer in our schools. And we said O.K.

Maybe it started when our children began to say "I don't want to go to church anymore." And we said O.K.

Maybe it started when women began saying "I don't need a husband for my child" and men began saying "As long as I drop some money off and spend time with the child, I'm a father." And we said O.K.

Then, someone said you better not read the Bible in school... the Bible that says thou shalt not kill, thou shalt not steal, and love your neighbor as yourself. And we said O.K.

Then, Dr. Benjamin Spock said we shouldn't spank our children when they misbehave. We might damage their self-esteem or teach them how to be violent. We thought, an expert should know what he's talking about. And we said O.K.

Then, someone said teachers and principals better not discipline our children when they misbehave. And we said O.K.

Then, some wise school board member said, since boys will be boys and they're going to 'do it' anyway. Let's give our sons all the condoms they want, so they can have all the safe sex and fun they want. And we said O.K.

Then, some wise person said, let our daughters have abortions if they want, and they won't have to even tell their parents. And we said O.K.

And then, the entertainment industry said, we support freedom of speech so let's make TV shows and movies that promote profanity and violence, and illicit sex. And let's record music that encourages rape, drugs, murder, suicide, and satanic themes. And we said O.K.

Now we're asking ourselves- Why is it our children have no conscience? Why is it they don't know right from wrong? Why doesn't it bother them to kill strangers, classmates, or themselves? Probably, if we think about it long and hard, we can figure it out... WE SAID IT WAS O.K.!

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PAREN-T-EEN TIP:

Parents be careful, your O.K. today could mean something totally different from what you will get tomorrow. †

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HELP ME, I HAVE A TEENAGER!

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After completing one of my Power Paren-Teen workshops, a mother came up to me and said, “You have got to help me, I have a teenager.” After we both stopped laughing, we talked and I thought to myself, how unfair life is. There you are going along with your life, minding your own business and fulfilling your role as a parent. Then, out of nowhere, you are expected to address the multitude of teen crisis’ that occur.

Doesn’t life realize that it’s tough enough losing your baby to puberty, and the sense of control that you once had. In addition, now you have to deal with all these emotions and hormones too? Please...how fair is this? So in this crazy life of parenting teenagers, where does one find rest from the stress? Experienced parents say, “The answer is simple. Trust in your instincts and your abilities to parent and manage your home.” You also will find a reliable source of strength in other parents of teenagers.

The teen years are traditionally selfish and self-absorbing. A teen’s world revolves around themselves, and only the things that directly involve or affect them. Something extremely enlightening is when you finally realize one of your most important roles as a parent of a teen is being a

guardian, whose role it is to protect. Parents are teachers who must aid their teen in learning life's hardest lessons. A parents' job is not to be perfect, but merely just to be a constant present force in your teen's life. When a teenager is in the house, every day will be different. This does not have to be the beginning of the end of your sanity and peaceful domain. You do not have to sustain life on teenager strength aspirin for the next nine years.

Instead think of your child's teenage years as a brand new start, and always remember...they do grow up and eventually move out! (If you trained them right) So no one made us privy to the secrets of teenagers until it was too late. No one told you because they knew it would not matter either way. Your baby would become a teenager with or without a warning label and whether you like it or not. Accept the facts. Now, you have a teenager. The reality is that teenagers don't come with pages of instructions. There are going to be some rough, challenging aspects to the next few years. However, you can handle this. We must stand strong and endure these bumpy confusing years. We will survive this... We have to... What else are parents to do?

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PAREN-T-EEN TIP:

And this too shall pass! 🍀