1. **Good Communication** between parents and children is the foundation of strong family relationships. Developing good communication skills helps parents catch problems early, support positive behavior, and stay aware of what is happening in their children’s lives. Communication is more effective when you are CALM.
   a. Control your thoughts and actions
   b. Assess and decide if you are too upset to continue
   c. Leave the situation if you are feeling to angry or upset
   d. Make a plan to deal with the situation within 24 hours

2. **Encouragement** is key to building confidence and strong sense of self and helps parents to promote cooperation and reduce conflict. Consistent encouragement helps youth feel good about themselves and gives them confidence to try new activates, develop new friendships, tackle difficult tasks, and explore their creativity.

3. **Negotiating Solutions** offers parents a way to work together to solve problems, make changes, promote and improve corporation, and teach youth how to focus on solutions rather than problems, think through possible outcomes of behaviors, and develop communication skills.

4. **Setting Limits** helps parents teach self-control and responsibility, show caring, and provide safe boundaries. It also provides youth with guidelines and teaches them the importance of following rules. When setting limits, try the SANE approach.
   a. Small consequences are better
   b. Avoid consequences that punish you
   c. Nonabusive responses
   d. Effective consequences are under your control and non-rewarding to your child

5. **Supervision** is the centerpiece of effective parenting during childhood. When youth begin to spend more and more time away from home, monitoring their behavior and whereabouts is challenging. Supervision helps parents recognize developing problems, promote safety, and stay involved.

6. **Knowing Your Child’s Friends.** Youth tend to be uncertain about themselves and how they “fit in” and at times can feel overwhelmed by a need to please and impress their friends, which can lead child open to peer pressure. Knowing your child’s friends and peer helps parents improve communication, reduce conflict, and teach responsibility.

For more information please visit: [http://www.drugabuse.gov/family-checkup](http://www.drugabuse.gov/family-checkup)  
[https://www.andrews.edu/services/ipa/](https://www.andrews.edu/services/ipa/)