

## Parenting Power Multiplied by Networking

Sometimes, the best people to connect with while doing your best to raise your teen, are parents living on your street, in your neighborhood and throughout your community, who are taking on those same parenting responsibilities. It's easy to assume that all parenting issues vary by family, but oftentimes, parents find that their teenager's classmates and friends are experiencing similar issues as their teen. Whether it involves your teen possibly being short with you, or neglecting their school priorities, there are countless parents out there experiencing the same issues. Connecting with other parents to share ideas, support each other and network with other parents, can make it easier to raise your teen and open up new opportunities for both you and your teen. Parenting your teen can provide its challenges, but with the support of other parents with teens, sharing those challenges can make the entire process not only more manageable, but more enjoyable too!

**PARENTS  
USE  
YOUR  
POWER**

**Connect  
with  
other  
parents  
to:  
Share  
Support  
Network**



[ThePowerofChoice.info](http://ThePowerofChoice.info)



A project of 360 Youth Services, Naperville School District 203, Indian Prairie School District 204, Naperville Police Department, Linden Oaks at Edward, DuPage County Health Department, KidsMatter, Gateway Foundation Alcohol & Drug Treatment, Aurora Police Department and 203 & 204 parents. Funded in part by the Department of Human Services and City of Naperville.

### Parenting Power Tips:

- Start in your own home! Make sure all adults in the home are in agreement about expectations and consequences regarding underage alcohol, tobacco and other drug use and that each adult takes responsibility for communicating these important messages. When teens receive consistent messages from all adults, they are more likely to make healthy choices about substance use.
- Agree together as parents to let your teen experience the natural family, school and community consequences of their actions. Experiencing consequences teaches responsibility and causes a child to think before acting in the future.
- Share your parenting successes, challenges and struggles with trusted friends and extended family. Support one another by working together toward solutions.
- Join the PTSA, Home and School, Booster Club or some other parent organization at your teen's school. It is a great way to learn what is happening at school and become an active part of the community.
- Contact other parents. Use your school directory to call (yes, call) parents of your teen's friends. When your child will be involved in an activity that you will not be attending, make contact with an adult who will be there. Don't be afraid to ask questions. This is *your* teen and you have the right and responsibility to make sure they are in a safe situation. If you don't feel comfortable with a situation or activity, don't allow them to attend. It is okay to say "no".
- Visit school when you can. Concerts, open house, information nights. We all are tired at the end of the day, but these activities are the perfect place to meet other parents in your community. (and it lets your teen know that their school activities are important to you)
- Stay connected to your community and with your teen's activities. Meet parents of other teen's involved in your teen's activities. You share more experiences than you realize. These parents are a great resource in your parenting toolbox.
- It's important to monitor your child's activity on social media sites and their phones (texts and apps). This allows you to stay connected to your child's world and keep them safe. Parents can also use social media as a way to network with other parents. An email or a private message is a great way to get information—and you can send them when it's convenient for you.
- Everyone has struggles—no family is perfect. Don't let the fear of "stigma" regarding your situation stop you from reaching out for help or support. Our most important goal is to make sure our children are safe and healthy. What other's think about us is not important. Use [local resources](#) to find support.

**Watch for December's newsletter  
with new Parenting Power Tips!**



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