

3 Reality Checks for Parents



1. Myth: We try to keep our home teen-friendly because if our teen(s) hang out here – even if they're drinking – we know they're safe.

Reality Check: There is nothing wrong with making your teen and his/her friends comfortable in your home. But teenage drinking is never safe even when they are being "supervised." Not only is alcohol bad for their health and development but it also impairs their judgment. The media has reported on scenarios where teens in these situations have wandered off and died in a preventable accident, driven drunk and hurt themselves or others and committed a violent act against a peer.

2. Myth: It's better for my child if he/she considers me a best friend.

Reality Check: Part of your job as a parent is to set and enforce rules. Trying to be their best friend is only confusing and gives mixed messages.

3. Myth: My husband and I have different parenting styles. What's the big deal?

Reality Check: It's critical for all caregivers to be on the same page whether they are married, divorced, nannies, grandparents, etc. Consistency is key to raising a healthy and responsible teen who understands and respects boundaries.