

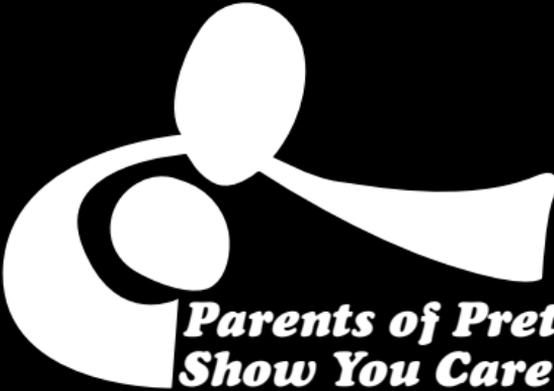


COOPERATIVE EXTENSION SERVICE

UNIVERSITY OF MARYLAND AT COLLEGE PARK

UNIVERSITY OF MARYLAND EASTERN SHORE

Leaflet 248



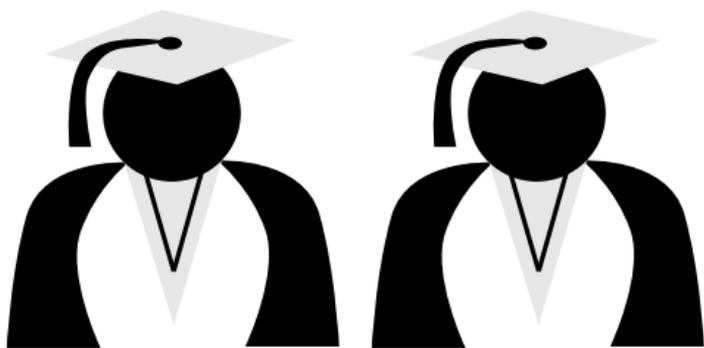
***Parents of Preteens:
Show You Care***



Educator's Guide

Educating People To Help Themselves

Parents of Preteens: Show You Care Educator's Guide



About the Series

Each of the eight leaflets in this series has two parts. The first part explains what parents need to know about their preteens' basic emotional needs. It discusses the "Ways To..." section. The "Ways To..." section provides ideas for parents to try out with their preteens.

The main goal for educators is to help parents do things that will help their preteens grow up to be healthy, confident, and skilled. Using this series will help educators address issues that, too often, are ignored in parenting publications.

Titles of leaflets in the *Parents of Preteens: Show You Care* series are

- Tell Your Preteens What You Expect
- Prepare Your Preteens for Body Changes
- Help Your Preteens Do What Is Right
- Help Your Preteens Make Friends
- Help Your Preteens if You Separate
- Get Help When You Need It
- Help Your Preteens Succeed In School
- Boost Your Preteens' Self-Esteem

Ideas for Use

You can use the leaflets with one parent or with a group of parents. The leaflets can be used in newspaper columns and as a basis for radio or television programs. You also can suggest to your volunteers how this information can be used with their local groups.

With One Parent

Before you talk with a parent, you may want to look at the leaflets and use the ideas in your chats. Discuss the “Ways To...” ideas with the parent, and then give the leaflets to him or her for use at home.

If you see one parent over a period of time, you may want to use a different topic each time you meet. When you use the series this way, you will have ideas for seven meetings. You can use the topics in any order. The order for any given parent will depend upon his or her concerns and interests.

With Groups of Parents

You can use the series for group meetings. A good idea is to place chairs in a circle so that everyone can have eye contact. You may want to give background information in a brief talk. Read the leaflets, and know the ideas well. Practice what you will say to the parents before you get to the meeting. Use your own words. Talk with parents from the heart. Really believe what you say.

You can ask the parents to get into small groups and talk about the “Ways To...” ideas. Ask them to give their own special tips on what might work at home with their preteens.

You may want to have the parents role play some of the ideas. In the role plays, you could pair off the participants and have one person play the parent and the other play the preteen. Afterward, have group members talk about the

issues presented. Ask them how it felt to play their particular role. Have the group switch roles. This will help them experience what both the parent and the preteen do and feel. Talk about how role playing can be used at home. Role playing can help families learn to get along better.

When you meet with parents more than once, begin the session by talking about ideas they tried at home. Listen to what they tell you. Encourage their use of new ideas. Help them to repeat what works for them. Praise them for using positive caring behaviors with their preteens.

In the Community

You may also wish to take Parents of Preteens: Show You Care materials to community groups, such as volunteer, civic, and religious groups. You may wish to share the leaflets informally with parents when appropriate. Keep a few copies at home to use with your family, neighbors, and friends.

With the Media

Look for opportunities to use the ideas in newspaper columns. They could be used as is or easily adapted for use in local radio and television programs.

As Handouts

You may have no chance to talk in depth with parents. However, you might have a chance to say that you have some useful ideas that work for many parents. Give them the ideas that you feel will be most helpful to them and their preteens. Suggest that they take one or more of the leaflets home and think about some of the ideas. Suggest that parents put the leaflets in a handy place to refer to when looking for ways to show their preteens that they love and care about them.

Followup

When you talk with the parents later, ask how things are going. Did they try out something new? If so, ask them what they did and how they felt about it. Also, ask these questions:

- How did the preteens react?
- Did the preteens' behavior change? If so, how?
- How did the preteens feel?
- How did the parents feel?
- How have things at home changed as a result of using these new ideas?

As an educator, you have favorite ways of working with parents and groups of parents. Whatever works best for you, use it with these leaflets.

For other information, look at Leaflet 8, "A Listing of Maryland's Cooperative Extension Service Publications and Videos." The section on parenting has information on raising young children, preteens, and teenagers.

Other leaflets in the *Parents of Preteens: Show You Care* series are

- L 249 Tell Your Preteens What You Expect
- L 250 Prepare Your Preteens for Body Changes
- L 251 Help Your Preteens Do What Is Right
- L 252 Help Your Preteens Make Friends
- L 253 Help Your Preteens if You Separate
- L 254 Get Help When You Need It
- L 255 Help Your Preteens Succeed in School
- L 256 Boost Your Preteens' Self-Esteem

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