

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



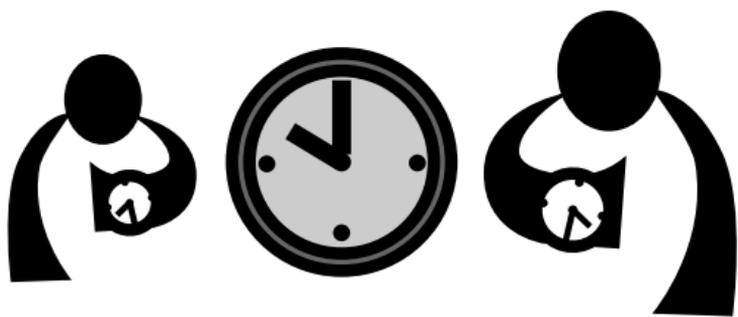
**Tell
Your**

**Preteens
What**



**You
Expect**

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Tell Your Preteens What You Expect

Preteens need to know what you expect of them. Preteens want to please you. They are more likely to do this when they know what you want them to do. Work with your preteens to set routines and make rules. They will try to do their best when you expect them to do their best.

You should not expect more of preteens than they are able to do. Do not expect them to be perfect or to be good at everything. All preteens are different from each other, even in the same family. Some do well in school. Some do well in athletics. Praise your preteens when they do well. Always give credit for trying.

Preteens are changing all the time. Often the changes happen quickly. Preteens may be helpful and kind one minute. The next minute they may be cross and rude. They are sometimes quiet and moody, other times loud.

Whatever changes are going on, try to understand. In spite of the changes, you still want your preteens to do what you expect.

Ways to Tell Preteens What You Expect

- Be clear about the limits you set and the rules you make.
- Explain *what* you want, *when* you want it, and *why*.
- When possible, let your preteens help to set limits and make rules.
- Let your preteens have choices when you can.
- Trust your preteens to do what you expect.
- Show you are pleased when your preteens do what you ask.
- Talk about a broken rule and decide what is the fair thing to do about it.
- Do not nag.

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

- 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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