

A dark gray silhouette of a person's head in profile, facing right. A thought bubble is connected to the top of the head by a series of three smaller circles. The background is a solid dark gray.

“What Were You Thinking?”

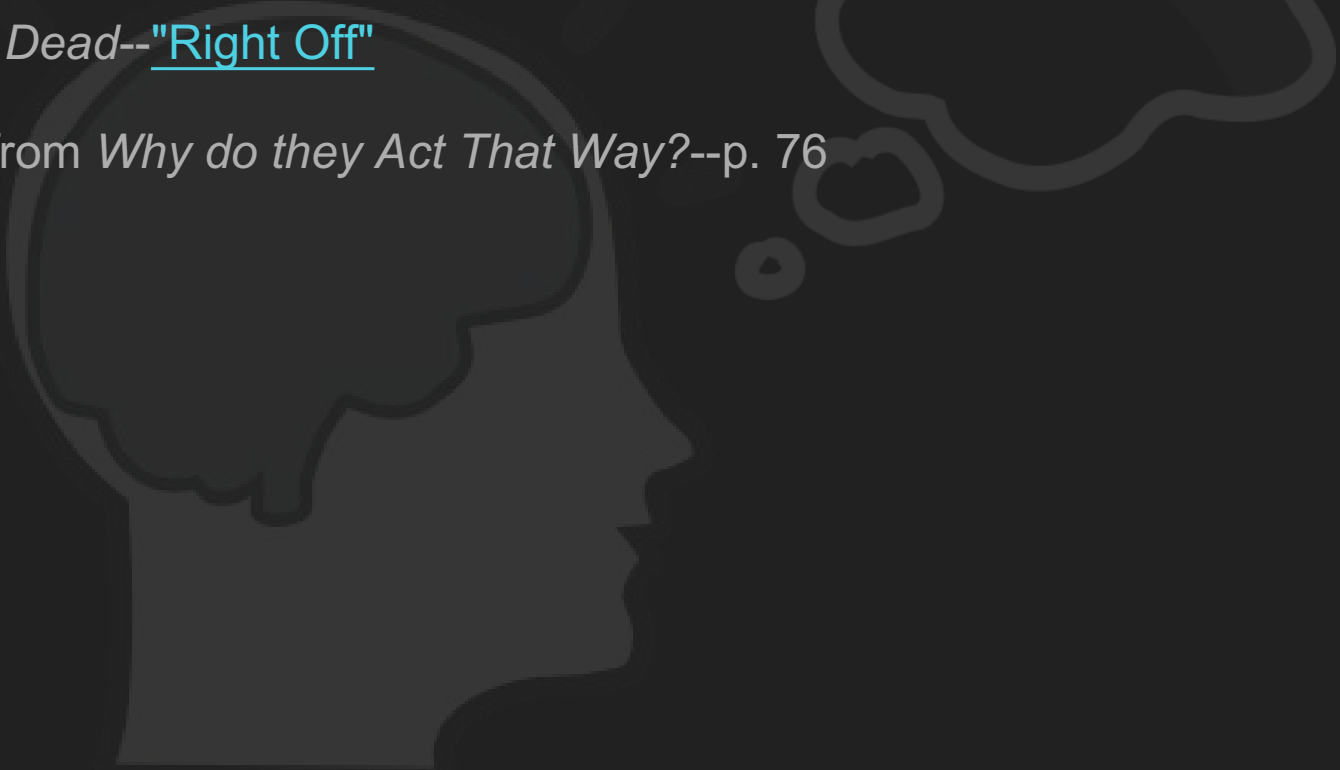
Parenting the Teen Brain

Weird

Has This Happened at Your House?

Better Off Dead--["Right Off"](#)

Example from *Why do they Act That Way?*--p. 76



Frontline: *Inside the Teenage Brain*

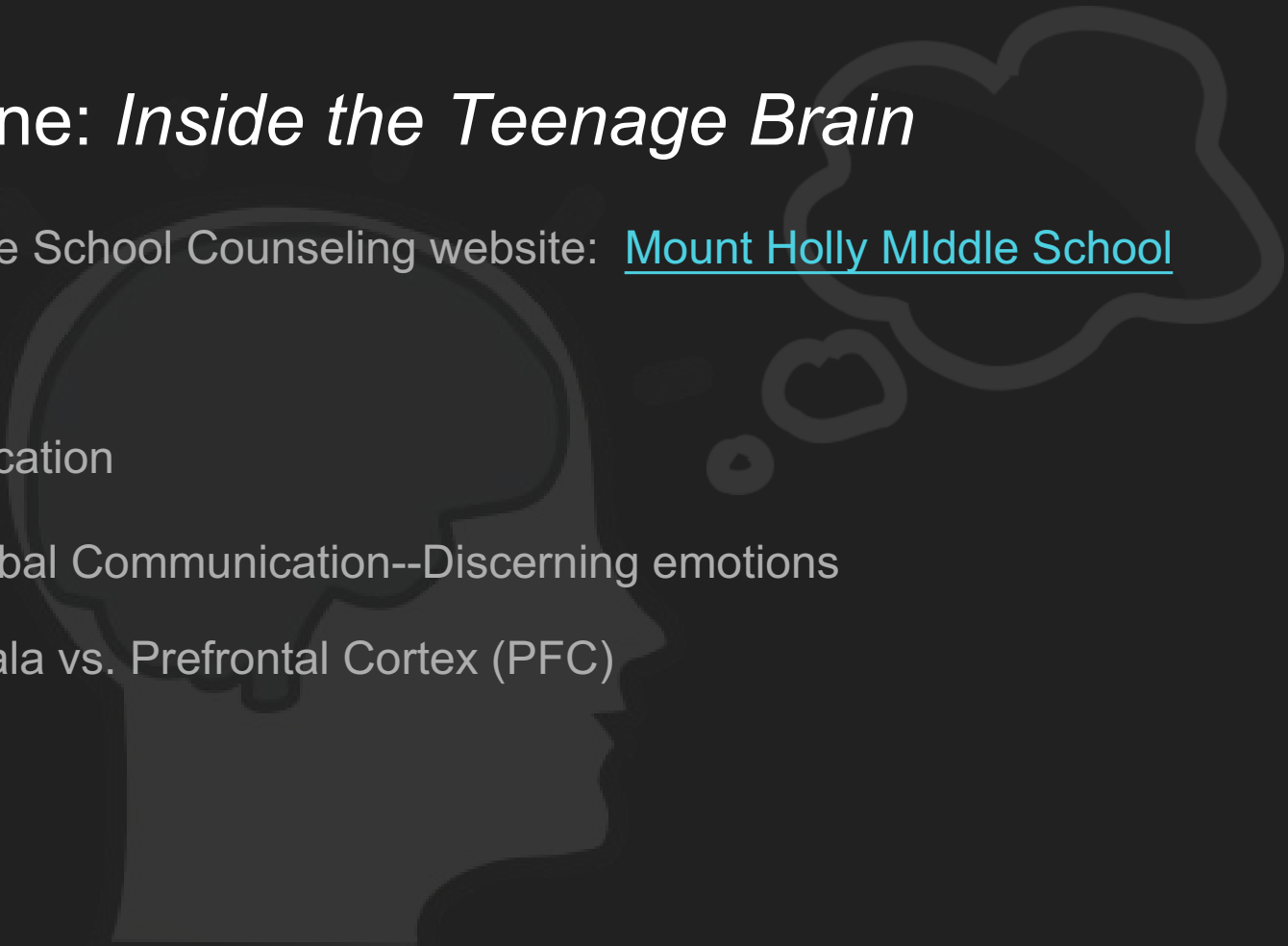
Link on the School Counseling website: [Mount Holly Middle School](#)

Part 4

Communication

NonVerbal Communication--Discerning emotions

Amygdala vs. Prefrontal Cortex (PFC)



Why Do They Act That Way? By David Walsh, PhD

Easy to understand

“Parent Survival Guide” Questions in each chapter to help you understand your parenting style--example: Page 77

Consider doing these with someone you know well (maybe your child's other parent)

Do and Don't lists at the end of each chapter

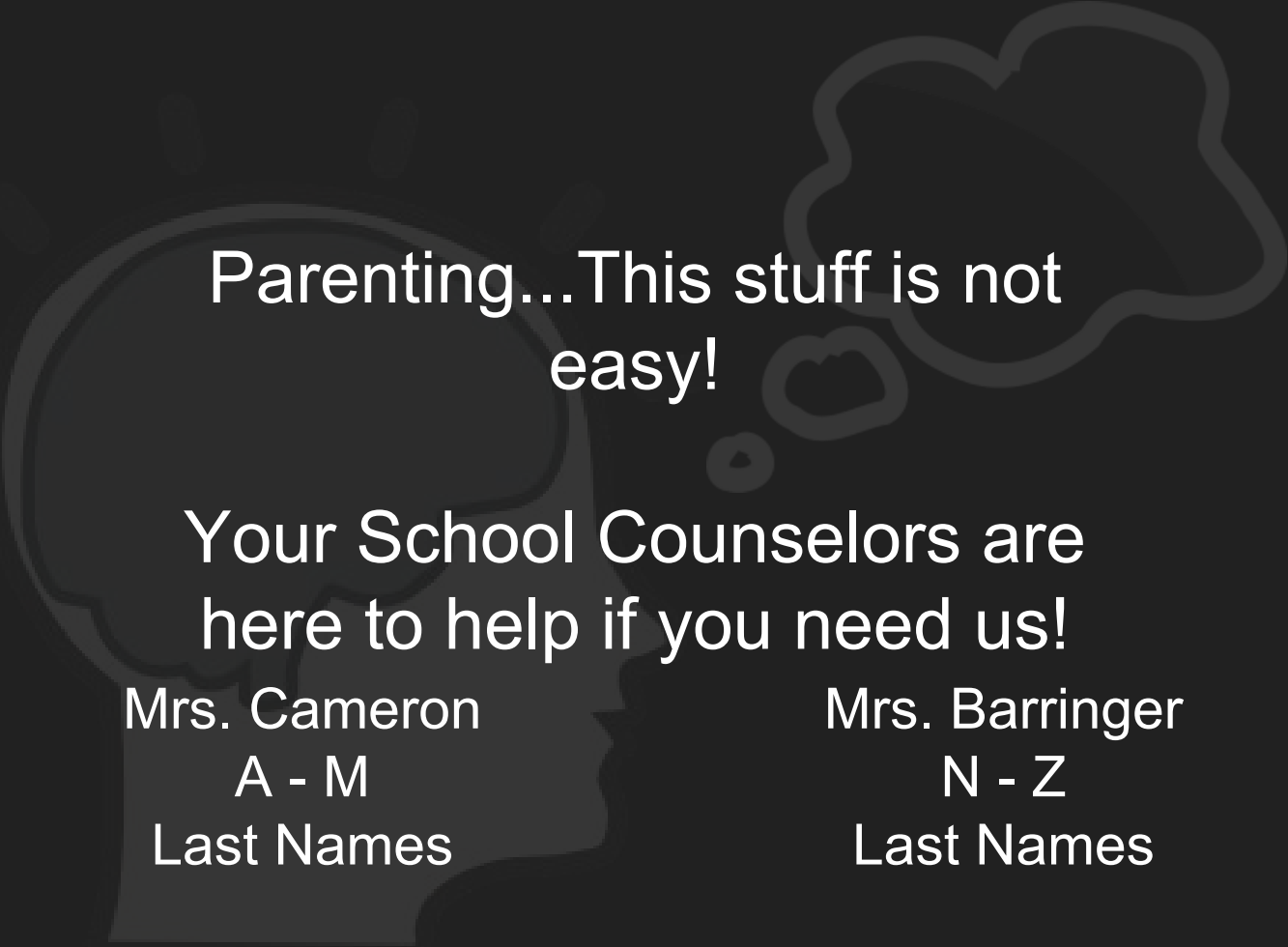
Dr. Walsh's Equation for Teen Communication

misinterpretation + gut response + lousy brakes = poor communication
(amygdala) (“under construction”
PFC)

P. 79--interpretation of conversation with Erin

Practical Tips

- Be present when “the oyster opens”
- They really do want a relationship with you--even when they slam the door
- You have to stay calm (using your PFC) when your Teen’s emotions come from his/her Amygdala!
- Teens really watch for hypocrisy.
- Use “I messages” with your Teen:
 - I feel _____ because _____ and I want _____.
 - This clarifies for your teen what you are feeling
 - “I-messages” tend to make people listen more than starting with “You _____”

A dark gray silhouette of a human head in profile, facing right. Inside the head, there is a thought bubble containing the text "Parenting...This stuff is not easy!".

Parenting...This stuff is not
easy!

Your School Counselors are
here to help if you need us!

Mrs. Cameron
A - M
Last Names

Mrs. Barringer
N - Z
Last Names