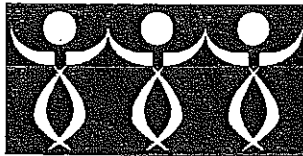


DEPARTMENT OF SCHOOL DEVELOPMENT
Prince George's County Public Schools
Lanham, Maryland 20706
(301) 552-4294 - Fax (301) 552-4293—www1.pgcps.org/schooldevelopment

Bookmarks for Parents & Teachers Ages Birth to 19 Years

presented by

PARENTS GROWING TOGETHER
(PADRES QUE SE DESARROLLAN JUNTOS)
A Community Based Parenting Skills Program



and

PARENTING YOUR TEENAGER
(COMO SER UN PADRE EFECTIVO DE SU
ADOLESCENTE)
Written by Dale & Tom Baker, Ph.D.s
Family and Relationship Center

NOTE: These bookmarks were designed by San Diego City Schools' Parent Involvement and Support Unit and were adapted with permission to be used with parents and staff and distributed during parent/teacher conferences and parenting classes. The bookmarks can assist all adults working with children so they may have a greater understanding of the developmental stages of children and how to adjust programs to better meet children's needs. They are available in Cambodian, Hmong, Lao, Vietnamese, Somali and Tagalog and can be ordered by calling:

Department of School Development
Comer SDP Regional Training Center
Prince George's County Public Schools
(301) 552-4294



I AM A NEWBORN!

Six month of age

I will change a lot in this first year of life. At first I will need milk, sleep, hugs and kisses and to hear your loving voice. You cannot "spoil" me by giving me too much attention.

As I become mobile, I will need you to provide a safe and stimulating environment to explore.

Put toys just out of my reach and I will try to get them.

I need happy sounds and like to be near you. By nine months, I may be crawling and pulling up on furniture and grasping objects. I can now understand simple commands.

I am busy.

I need locks on cabinets with medicines, household cleaners, etc.

I am curious about flowers, ant, grass, stones, bugs, dirt...

I will begin needing freedom to do it all myself... until then I need help, so please stay near.

You can help me by:

- giving me lots of hugs and cuddles
- meeting my physical needs
- removing temptations, before they become problems
- talking to me
- giving me lots of fresh air.

I AM ONE YEAR OLD!

1

I am **ONE** year old.

I crawl, or I may even walk.

I pull on furniture

I understand simple commands.

I am **BUSY**.

I need locks on cabinets with medicine, household cleaners, etc.

I need love, touches, sand, water, fresh air.

I am curious about flowers, ants, grass, stones, bugs, dirt...

Please walk at my pace.

I need lots of freedom to do it all myself...until then I need help, so please stay near.

I like to eat with a spoon even if I spill.

I may have temper tantrums because I have no way of expressing my feelings or frustrations.

I love the outdoors.

I need firm limits and consistency.

Let me touch things.

Give me praise.

You can help me by:

- talking with me
- making sure my physical needs are met
- removing temptations before they become problems
- cuddling with me
- making my environment a safe place to play in and explore.



I AM TWO YEARS OLD!

2

I am **TWO** years old.

I like to have evening routines; music story, quiet time.

I will explore everything.

I can be fearful and cling to my mommy or daddy.

I love to imitate others, especially Mom and Dad.

I am learning to talk, more to myself than others.

I am developing imagination about everything around me.

I like to do the same activity, again and again.

I am loving, affectionate and I may even like to please you.

I am often directly against what you want.

I may be rigid, not willing to wait or give in.

I may even be bossy.

I can have strong emotions and I hate opposite extremes at the same time.

I may have fears; especially sounds, separation, moving household objects, or a big dog.

You can help me by:

- setting up daily routines
- noticing what I do well
- praising me
- giving me two O.K. choices
- distracting me when I begin to say "No"
- being firm with me about the rules, but calm when I forget or disagree.



I AM THREE YEARS OLD!

3

I am **THREE** years old.

I am at a positive stage.

I like to share.

I can be more cooperative.

I can listen more, and be reasoned with.

I am interested in new words, and when encouraged, will use words instead of grabbing, crying or pushing.

I need to explore, to try out and to test limits.

I need the opportunity to learn about the world, by seeing, touching and doing things.

I need plenty of active play.

I need the opportunity to do things for myself.

You can help me by:

- setting limits for my own protection, and for others
- letting me know clearly what is or isn't to be expected
- reading to me
- talking and listening to me
- giving me the security of your love and the assurance that I am valued.



I AM FOUR YEARS OLD!

4

I am **FOUR** years old.

I am in an active stage, running, hopping, jumping and climbing.

I love questions "Why?" and "How?"

I'm interested in numbers and the world around me.

I enjoy playing with my friends.

I love being read to.

I need room to grow and to explore.

I need lots of opportunities to see, touch and do things.

I like to do things for myself.

I need to learn to give and take and play cooperatively with others.

I need room to grow, but this doesn't mean letting me do anything.

I still need limits set for my own protection and for others.

You can help me by:

- **labeling objects and describe what's happening to me, so I can learn new words and things**
- **reading to me**
- **talking and listening to me**
- **being patient with me**
- **showing me you are genuinely interested in me**
- **being loving, affectionate, and understanding.**



I AM FIVE YEARS OLD!

5

I am **FIVE** years old.

I feel pretty good about my world and am content with myself.

I like to please you and usually try to stay on your good side.

I prefer doing things I know I can accomplish successfully.

I am really into learning.

Going to school is a big deal to me.

Any opportunity to show off what I have learned I will take.

I am more self-assured and conforming now.

I respect you and your authority.

I can be cooperative and self-reliant but at the same time enjoy being "silly" and a "show-off."

Now that I am so grown up, I like to take care of little kids.

I have a perception of order, form and detail and can ask questions to get information I want to know.

I am realistic.

My sense of humor has developed to a point where I thoroughly enjoy and laugh heartily at funny pictures.

You can help me by:

- **answering my questions**
- **encouraging me to try new things**
- **allowing me the opportunity to show my "expertise"**
- **understanding my strong feelings about "fair play" and rules.**



I AM SIX YEARS OLD!

6

I am SIX years old.

I can be a lot of fun to be with but can be very frustrating at times.

I have trouble keeping my body still.

I am full of changes and go from one extreme to another.

I can be very happy one minute and unhappy the next.

It is difficult for me to complete a task and almost impossible for me to make a decision.

When you give me a choice, I want everything.

I don't mean to be selfish, it's just hard for me to give up one choice for another.

I want to go in every direction.

I love to have my work hung up in the room for others to see.

I like to share too.

Stories are so much fun to listen to.

I like to hear you read them to me.

I can also tell some pretty good ones myself.

You can help me by:

- continually encouraging me to complete what I start
- giving me a lot of simple directions
- praising me often
- giving me opportunities to move and channel my inexhaustible energy
- guiding, but not interfering.

I AM SEVEN YEARS OLD!

7

I am SEVEN years old.

I want to be near you all the time.

I need limits.

I need to know exactly how much and what to do.

Without these limitations I might carry an activity far beyond what is necessary or desirable.

I tire easily and often show it in rather unacceptable ways.

I might even shove things around and make a lot of noise or get up and walk around.

I may even at times appear to be

Hyperactive.

I love to erase things.

I am also quite a pack rat.

I stuff everything I possibly can into my pockets.

I tend to lose things because I can easily get sidetracked by something I find more interesting at the moment.

I often lose papers, notes and homework.

Math is my favorite subject and

spelling is the one I like the least.

Sometimes I like to work and play alone rather than with my friends.

My middle name should be COMPLAIN.

You can help me by:

- being patient with my impatience
- being patient with my outbursts
- helping me not demand too much of myself
- knowing when to change activities as I get tired
- being sympathetic but not taking all of my complaints too seriously
- being as consistent and fair as it is humanly possible for you to be.



I AM EIGHT YEARS OLD!

8

I am **EIGHT** years old.

At times I have trouble getting things done because I try to do things that are too hard for me.

When I fall I might start to cry but will then try something new to get over it. I seem to need extra time to settle down to business.

When I come into the room be prepared.

I will take my time.

I like to “mess” around before I get done what I am supposed to be doing.

I love to talk—all the time.

I have a strong sense of fair play.

I often prefer my friends to you, but you are still important to me.

I like doing a lot of different things.

I love to dramatize.

You can help me by:

- sharing my experiences with me
- letting me role play
- sitting with me and playing games with me
- being patient and keeping your sense of humor
- helping me stay out of trouble by channeling my energies in a positive direction
- letting me have plenty of time to talk
- being as consistent and fair as possible.

I AM NINE YEARS OLD!

9

I am **NINE** years old.

I love to express myself.

You might ask me something quite simple and I will end up telling you some long-winded explanation of the subject.

I am learning to work better independently.

I love to complain loudly about whatever you tell me to do, but I will usually do it anyway.

I have many interests, likes and dislikes.

I love getting letters, having secrets, and keeping collections.

You are not the most important thing to me right now, but I still want to do right.

I seem to worry a lot about things too.

You can help me by:

- giving me time to explore my interests
- letting me write about them
- being a good listener but not letting me get carried away
- listening to me but only believing half of what you hear
- giving me lots of projects to do.



I AM TEN YEARS OLD!

10

I am TEN years old.

I am beginning to get more settled down and satisfied with things.

I am alert but at the same time relaxed.

You will like working with me because

I really like you.

At the same time I like working with my own group.

I am becoming more sociable and you will find that you can reason with me better now.

My friends have a great influence on me.

I love secrets, clubs, heroes and being part of it.

Some of the things that we argue over you may find trivial but they are very important to me.

Boys and girls of my age like to fight with each other.

I am finding that it is fun to be the leader of the group.


Some kids in my class are really super.

They are smart in school.

Some of them are good athletes, good leaders.

I would like to be like them.

You can help me by:

- helping me find acceptable social outlets
 - being a good guide and model
 - realizing that I have my own ideas and although I appreciate you, don't press your ideas on me
 - treating me with respect and seeing that I treat others with respect also.
- 



I AM ELEVEN YEARS OLD!

11

I am ELEVEN years old and feel that

I am really quite grown up.

This is the time when I need you to help me remember all of the things you have already taught me.

Sometimes I slide and you will need to give me a little reinforcement.

I am able to be more courteous, honest and fair.

I am also able to accept more responsibility and enjoy it.

Watch out for me.

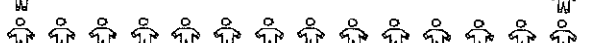
I am on the brink.

You had better enjoy the calm before the storm.

I am about to become the dreaded teenager.

All in all I am rather satisfied with things right now.

You can help me by:

- listening to my ideas
 - respecting my opinions
 - letting me try out independence and responsibility
 - accepting my lapses.
- 

I AM TWELVE YEARS OLD!

12

I am TWELVE years old and feeling very independent.

My friends are more important than ever.

Occasionally I do like to be alone.

My privacy is crucial.

I may be rebellious to parents and polite away from home.

I tend to associate with other children in sexually segregated groups.

I can be very critical of myself.

I may be impulsive and moody.

I have lots of sexual questions and am quite concerned about my own development...but it is a difficult topic for me to discuss with grown-ups.

You can help me by:

- setting realistic limits
- using democratic guidance techniques as much as possible
- being understanding and informative about my body and its changes
- channeling my energy in proper directions (e.g. work and sports)
- trying to be supportive of me and understanding, even though my behavior and moods may be marked by new levels of intensity!

PARENTING YOUR TEENAGER I'M A YOUNG ADOLESCENT!

11-13 YEARS OLD

Your son or daughter is undergoing rapid and unsettling personal change. Many parents report these years to be the most difficult of all ages during which to raise children. These youngsters are establishing their sense of self-worth and individual identity. While it's appropriate to have high expectations, it pays to remember that they still have both feet planted in childhood. They need clear family rules and lots of guidance from their parents.

The guidelines below may help you, as a parent, better understand what to expect at these ages. Remember, however, these are generalizations that may or may not exactly fit your son or daughter.

- *My changing hormones cause me to move from the stable growth of childhood to the rapid physical, mental and emotional growth of adolescence.*
- *My rapid body changes have great social significance and jolt my self-esteem.*
- *I am very preoccupied with how I look. I may spend a lot of time in front of the mirror!*
- *The influence of my friends has increased because I seek their approval for my self-image.*
- *I tend toward conformity because my friends make fun of me if I make mistakes.*
- *A lot of what I do may seem silly to you, and I make lots of misjudgments, but that's how I learn, by my trials and errors.*
- *I'm growing up, but I still tend to think like a child, and have quickly shifting emotions.*
- *My family life is still central to me, and I may unload on you because you provide the safest place for me to release my fears.*
- *I need structure in my life. Please establish clear family rules and help me understand why the rules are for my benefit.*

Your teenager needs lots of praise and plenty of encouragement. While you need to hold your son or daughter accountable for misbehaviors, you can be certain his or her friends are supplying more than enough criticism!

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PARENTING YOUR TEENAGER I'M A MIDDLE ADOLESCENT!

14 -16 YEARS OLD

While your son or daughter is continuing to undergo rapid mental and emotional growth, about 90% of boys and 98% of girls have gained their final adult growth. By this age, most teenagers are beginning to lose their child-like thoughts. Their intellectual growth allows for intense self-examination which may cause moodiness. Young people of this age need the patience of adults, high expectations, clear family rules and lots of guidance from their parents.

The guidelines below may help you, as a parent, better understand what to expect at these ages. Remember, however, these are generalizations that may or may not exactly fit your son or daughter.

- *I'm beginning to think like an adult and have adult thoughts. You'll find that I have greater capacity for rational discussions, and am getting better at considering facts and making good decisions.*
- *I'm still very sensitive to real and perceived criticism of my friends and parents because of my own self-doubts.*
- *My emotions are often intense and you'll unfairly receive the wrong end of my moodiness as my emotions explode inside me! Don't take it personally. I don't mean to hurt you.*
- *I am quickly gaining the social skills to cope with my negative emotions, and with the rejection I sometimes feel from my friends.*
- *Understand that I may have sexual feelings, but it's unfair to think of me as a sex machine with raging hormones! Yes it's true, I'm new at dating and just learning about intimate relationships. I'm going to make mistakes.*
- *I need structure in my life. Please negotiate our family rules so I can learn from them, and help me understand why the rules are for my benefit.*

Your teenager needs lots of praise and plenty of encouragement. While you need to hold your son or daughter accountable for misbehaviors, you can be certain his or her friends are supplying *more than enough criticism!*

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PARENTING YOUR TEENAGER I'M AN OLDER ADOLESCENT!

17 -19 YEARS OLD

What your daughter or son needs most is to feel successful and respected. Older teenagers are capable of lots of responsibility. Most of their childlike thinking is gone, and they feel the strong need for independence and to be in control of their lives. Yet these teenagers still need guidance and involvement from their parents. The key is for parents to have high expectations, to be supportive, to be good listeners, and to expect these older teenagers to solve their own problems.

The guidelines below may help you, as a parent, better understand what to expect at these ages. Remember, however, these are generalizations that may or may not exactly fit your son or daughter.

- *I want to be respected and treated like an adult! Although I lack experience, and thus may make mistakes in my life. I am capable of thinking like an adult.*
- *My moods have improved because I'm more confident in my identity. While I may not always act like it, in general, I'm less susceptible to peer pressure.*
- *My interests have deepened and I'm beginning to have serious thoughts about career, religion, and my future love relationships. I may or may not have had sexual intercourse; about half of my peers will be sexually active before leaving high school.*
- *Although you may not want me to do so, I'm capable of holding an after school job for 10-15 hours per week without my grades suffering. I need structure in my life and need your guidance. Please remember that you discount me when you fail to negotiate our family rules with me. I value your opinions, but only when you listen non-judgmentally and value my views too.*

Your teenager needs lots of praise and plenty of encouragement. While you need to hold your son or daughter accountable for misbehaviors, you can be certain his or her friends are supplying *more than enough criticism!*

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