

FAMILY CHECKUP

POSITIVE PARENTING
PREVENTS DRUG ABUSE

Negotiation

Negotiating solutions offers parents a way to work together to solve problems, make changes, promote and improve cooperation, and teach youth how to:

- Focus on solutions rather than problems
- Think through possible outcomes of behavior
- Develop communication skills

Set Up for Success

When:

Select an unemotional or regularly scheduled time (not in the middle of a problem).

Where:

Choose a neutral place with few distractions.

How:

- Choose problems that are small and specific!
- State the problem neutrally.
- Recognize the other person's positive behavior.
- Accept part of the responsibility for the problem.
- Restate what you hear, show understanding, and stop if you get too upset.

Problemsolving Traps

- Don't try to solve hot issues.
- Don't blame the other person or put the other person down.
- Don't defend yourself—try to let it go.
- Don't make assumptions about another person's intentions.
- Don't bring up the past—avoid using words such as “always” and “never.”
- Don't lecture—a simple statement will get your point across better.

The Steps to Problemsolving

Brainstorm—open your mind to all ideas:

- Try to come up with three ideas each.
- Any idea is good—even ones that seem silly.
- Take turns coming up with ideas.

Evaluate your list of ideas:

- Go through and list the pluses and minuses of each idea.

Choose a solution:

- Combine ideas if needed.
- All of you should agree on the chosen solution.

Follow Up

- Check in with each other after you have tried your solution a couple of times to see how it is working.
- If it isn't working, go back to your list of ideas.
- If necessary, start over with some more brainstorming.