



Parenting

WITH MENTAL HEALTH IN MIND

with Stacy McCarthy, LCPC & Lindsay Fleming, LCPC

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BOOK

RECOMMENDATIONS

PARENTING THE NEW TEEN IN THE AGE OF ANXIETY; A COMPLETE GUIDE TO YOUR CHILD'S STRESSED, DEPRESSED, EXPANDED, AMAZING ADOLESCENCE

THE AVAILABLE PARENT

by: Dr. John Duffy

READY OR NOT: PREPARING OUR KIDS TO THRIVE IN AN UNCERTAIN AND RAPIDLY CHANGING WORLD

by: Madeline Levine

BEHIND THEIR SCREENS: WHAT TEENS ARE FACING (AND ADULTS ARE MISSING)

by: Emily Weinstein Carrie James

HOW TO TALK SO TEENS WILL LISTEN & LISTEN SO TEENS WILL TALK

by: Adele Faber & Elaine Mazlish

THE EXPLOSIVE CHILD: A NEW APPROACH FOR UNDERSTANDING & PARENTING EASILY FRUSTRATED, CHRONICALLY INFLEXIBLE CHILDREN

by: Ross W. Greene, Ph.D.

FOR KIDS & TEENS:

WHAT TO DO WHEN YOU WORRY TOO MUCH

by: Dawn Huebner | For younger kids

MY ANXIOUS MIND: A TEEN'S GUIDE TO MANAGING ANXIETY AND PANIC

by: Michael A. Tompkins | For teens

THE ANXIETY TOOLKIT FOR TEENS

by: Teen Thrive | For teens

Teen

DEVELOPMENTAL STAGES

MIDDLE CHILDHOOD

9-11 years old

Emotional/Social Changes

Form stronger and complex friendships
Peer pressure
Body/Puberty

Thinking & Learning

School becomes harder
Independence
Perspective taking
Increased attention span

YOUNG TEEN

12-14 years old

Emotional/Social Changes

Concern about looks/Body image
High expectations & lack of confidence
Moodiness/Stress
More interest in peers
Less affection toward parents

Thinking & Learning

Complex thought
More ability to express feelings
Develop a stronger sense of right & wrong

TEENAGERS

15-17 years old

Emotional/Social Changes

Interest in romantic relationships
Less conflict with parents
More independence
Deeper Capacity for caring & sharing (intimacy)
Spend less time with family

Thinking & Learning

More defined work habits
More concern about future school and work plans
Be better able to give reasons for their own choices

TAKEAWAYS

BRAIN DEVELOPMENT

The brain isn't fully developed until the mid-to-late 20s. The part of the brain behind the forehead (prefrontal cortex) is one of the last parts to mature. This area is responsible for skills like planning, prioritizing, and making good decisions.

POWER IN PAUSE

Teens actions are guided more by emotion and less by reason. So they are more likely to act on impulse, misread social cues and emotions, get into fights and engage in risky behavior. They become less likely to think before they act or pause to consider the consequences of their actions.

SELF DISCOVERY

Adolescence is a time of self-discovery. Teens are trying to find their own unique identity. This includes questions regarding their appearance, education, relationships, sexuality, political and social views, personality, and interests. Teenagers figure out their personalities by trying out different identities until they find one that they like. You may see shifts in their personalities and interests.

JOURNAL PROMPT #1: Developmental Check-in

Use this to reflect on where your teen is at. It can also be helpful to get your teens perspective on what they are noticing about themselves

What changes I notice in my teen emotionally:

What are they doing well | Where do they get stuck | Do I need to try a different approach to something?

What changes I notice in my teen socially:

What are they doing well | Where do they get stuck | Do I need to try a different approach to something?

What changes I notice in my teen's thinking & learning:

What are they doing well | Where do they get stuck | Do I need to try a different approach to something?



BOTH AND PARENTING

Researchers combined 1000 studies on parenting over 50 years and found this style has:

LESS DEPRESSION AND ANXIETY | HIGHER SELF-ESTEEM
LESS PHYSICAL AGGRESSION | HIGH ACADEMIC ACHIEVEMENT

CONSISTENT LOVE AND ACCEPTANCE FOR OUR KIDS & HAVING CLEAR BOUNDARIES WITH HIGH EXPECTATIONS

WARMTH & STRUCTURE

How to show warmth:

- Open communication & talking honestly
- Showing interest & spending time together
- Unconditional love
 - (even when we do not love their behavior we still love them)

Structure Involves:

- Clear expectations
- Thoughtful rules & limits
 - Natural consequences
 - Provide rationale for rules

Breaking it down

THE FOUNDATION

- Relationship - connection
- Clear expectations & rules
- Modeling

WHEN THEY SHARE

- Validation
- Getting curious
- Do you want me to listen or help you problem-solve?

WHEN EMOTIONS ARE HIGH

1. CALM - coping skills
2. Less words is more
3. Debrief - give 2 choices (tonight or tomorrow morning)
4. Plan - what went well & what can we do differently next time

JOURNAL PROMPT #2 PT. 1: Demonstrating Warmth

Open Communication & Talking Honestly

When does your teen share the most?

Before bed, after school, in car rides?

What topics are easy for you &/or your teen to talk about?

Friendships, sports, school, certain feelings?

What topics/situations are hard for you &/or your teen to talk about?

Friendships, sports, school, certain feelings?

What topics/situations are hard for you &/or your teen to talk about?

Friendships, sports, school, certain feelings?

What gets in the way of these conversations going well?

Is there a different way to approach it? Or how do you manage when it gets frustrating?

JOURNAL PROMPT #2 PT. 2: Demonstrating Warmth

Showing Interest & Spending Time Together

Create a list of ways you do or can connect/spend time with your teen:

You can create this list with your teen

Unconditional Love Even when we do not love their behavior we still love them

Give examples of times you didn't love your child's behaviors

& share how you labeled the behavior & not your child

How do you recover & connect after hard moments with your teen?

JOURNAL PROMPT #3:

Structure: Clear Expectations

Clear Expectations

When setting an expectation be detailed about what is expected & consistent with what happens if expectation is not followed

Define Expectations: Ask yourself

1. Is it age appropriate
2. Is it clear
3. What happens if it is not followed
4. What might get in the way of your teen being able to follow it
5. Plan if following it becomes an issue

TIP: You know your kid best! For some expectations you may not need a consequence if not followed, for others you may need to work on being consistent with setting expectation

List:

List Expectation:

ex. Room needs to be clean

Details:

1. Clean means - no clothes on the floor, bed made, etc. 2. If room not clean then you can not go out with friends

some of

MY FAVORITES

Labeled praise

Get specific about the effort/behavior instead of the achievement

48 Hour Rule

Wait 48 hours & if it still impacts you make a plan

Asked & Answered

Avoid the power struggle and negotiation

Worst & best

Plan for both | helps with “what if’s”

“What” instead of “why”

They often do not know why so instead breakdown behaviors/thoughts leading up

“and” instead of “but”

Two things can be true at the same time

Indirect

Ask about the topic indirectly | What would you tell your best friend to do?

Stand with instead of stand up

Move toward the person who is being hurt | Easier to do & more positive impact

Feeling identification

When we know what we feel we can learn what to do with it

Help me understand

Tool to continue conversation

JOURNAL PROMPT #5: Skills

Circle the skills you will find helpful & write when you can use them
It may be helpful to also note what might get in the way or make it hard to use them



Labeled praise

Get specific about the effort/behavior instead of the achievement

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Best friend? Someone your age?

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JOURNAL PROMPT #6: Tech Quiz

Both you and your teen can answer these questions separately then compare answers

Daily average screen time:

Most used APPs:

Are you surprised with your time?

Do you use your phone before bed?

How do you feel when on social media?

Have you ever taken a social media break?

Different Types of

SOCIAL MEDIA



SNAPCHAT

Group Chats
Snapchat Stories
Private stories
Messages that go away
Location Sharing



TIKTOK

Comments
Misinformation
Dancing & Connection
For You Page



INSTAGRAM

Body Image
Highlight Reel
Editing & Filters
Likes/Comments



YOUTUBE

Longer Videos
Source of Information
Influence

JOURNAL PROMPT #7: Tech Favs

Both you and your teen can answer these questions separately then compare answers

Types of Social Media

What type of social media do you enjoy/ use the most?

What do you like about it?

List your favorite accounts to follow:

What do you like about these accounts?

NAVIGATING SOCIAL MEDIA IS AN ART & A SCIENCE

IS MY KID READY?

- **Risks of earlier social media use:**
 - More vulnerability to downsides of social media
 - Less self-regulation
 - Stronger emotions
- **Downsides to waiting too long:**
 - Less open to parent oversight
 - Feeling “left out”
 - Sneaky behaviors

RESPONSIBILITY ASPECT

- Start small
- Clear expectations & pathways to providing information
 - Looking for your kid telling you what is going on online

BEING IN THE “KNOW” & SAFETY

- Private Accounts & Sharing Location
- Cyberbullying
- Sexting
- What to do when...
- Grooming
- Boundaries of accounts

WHERE TEENS GET STUCK

- FoMo
- Unrealistic expectations
- How to bring it up
- Fear of getting APP taken away
- Internal struggle of inappropriate use

SCREENTIME

- There isn't a magic number for screen time limits
- 3 things are more important:
 - **1. What** - what are kids doing on their phones during their screen time, and how are they feeling after?
 - **2. What Else** - what are they not doing bc they are on their screen (most problematic when it is getting in the way of sleep) no phone in the bedroom, meal time, etc
 - **3. What's Tough** - what are their vulnerabilities (different for each kid)

LIMITS:

- Time Cap
- Daily Windows
- Essentials First
- Protected Zones

TECHNOFERENCE

- Moments when technology interferes with the quality of our connection to other people, including our kids
 - Roughly half of teens say technoferece is an issue in their houses
- Model appropriate use

WARNING SIGNS OF PROBLEMATIC USE

- Importance - impacted activities/social life
- Control - use more often & longer than intended
- Consequences - continued/increase use despite neg. consequences
- Impairment - cause significant stress/ problems w/family, friends, school or work

JOURNAL PROMPT #8: Tech Impact

Both you and your teen can answer these questions separately then compare answers

How does Social Media impact you?

Positively & Negatively

Fill out the scale for how much social media has impacted you

0 (not at all) - 5 (very much)

Sleep	0 - 1 - 2 - 3 - 4 - 5
Body Image	0 - 1 - 2 - 3 - 4 - 5
Bullying	0 - 1 - 2 - 3 - 4 - 5
Feel You Are Missing Out	0 - 1 - 2 - 3 - 4 - 5
Comparing Yourself	0 - 1 - 2 - 3 - 4 - 5

JOURNAL PROMPT #9:

Open Communication About Tech

How often do you talk to your teen about social media?

Helpful Topics to Cover:

- ___ Private vs public account
- ___ Sharing personal information
- ___ Think twice before hitting enter
- ___ Sexsting
- ___ CyberBullying
- ___ What to do when something makes you uncomfortable
- ___ I make a mistake - what do I do?
- ___ How social media can impact us
- ___ Grooming
- ___ Boundaries of accounts

What we are seeing

TEENS STRUGGLE WITH

IN OUR OFFICE:

- Avoidance
- Time Management
- Problem-solving skills
- Sleep & stomach aches
- Struggling with feeling discomfort



What is

MENTAL HEALTH

MENTAL HEALTH

- Something we all have and can always improve

MENTAL HEALTH CONDITIONS

- ADHD - symptoms before the age of 12
- Anxiety - can develop around 10 +
 - GAD & OCD
 - Social Anxiety
 - Phobias & Panic Attacks
- Depression - can develop teen yrs +
- Eating Disorders - between 12 - 25 yrs old

When to know

MY KID NEEDS MORE...

- Impacting functioning with school, friendships, home
- Isolating/Big changes in behaviors
- Earlier the better!

JOURNAL PROMPT #10: Hard Conversations

How do hard conversations usually go with your teen?

How does your teen feel hard conversations go?

Is there anything that can improve these discussions?



Thank You

FOR BEING A PART OF TONIGHT

PLEASE FEEL FREE TO REACH
OUT WITH ANY QUESTIONS!

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MAIN STREET
COUNSELING

BONUS

Quiz Answers



1. **T** or **F** - 1 in 6 youth (6-17 year olds) experience a mental illness each year
2. **T** or **F** - Mental health struggles can cause physical symptoms
3. **T** or **F** - **50.6%** of youth w/a mental health disorder receive treatment
4. **T** or **F** - Social media has been described as more addictive than cigarettes & alcohol
5. **T** or **F** - Nearly **1 in 3** of all adolescents (ages 13-18) will experience an anxiety disorder
6. **T** or **F** - 9 in 10 girls say they are unhappy with their body
7. **T** or **F** - **7 in 10** young people have experienced cyber bullying
8. **T** or **F** - Social media is linked with increased rates of anxiety, depression, and poor sleep
9. **T** or **F** - **75%** of people who participate in talk therapy experience some benefit
10. **T** or **F** - There is currently a shortage of therapists in the US