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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

My Teenaged Parents

By Phyllis Staff

My Teenaged Parents

by: **Phyllis Staff**

Frankly, as a single parent of young children, I struggled. But, as the single parent of teenagers, I stunk! Faced with the reality of children who could (and did) do whatever they really, really wanted to do, I was often baffled.

Functioning as the caregiver of two adult parents, I again find myself baffled. But I am sure of one thing -- It's no wonder many caregivers die before the elders they care for! They simply wear out!

Consider this recent exchange:

ME: "How is that new medication working?"

PARENT: "It doesn't work. I still feel sick."

ME: "OK, call the doctor and tell him."

PARENT: "I can't. He doesn't answer calls on the weekend."

ME: "Well, someone does."

PARENT: "No, they just tell me to go to the emergency room."

ME: "OK, call the doctor's office on Monday."

PARENT: "Well, he doesn't have anything better to offer."

ME: "How do you know?"

PARENT: "He never does."

ME: "Well, call anyway, OK?"

PARENT: "He doesn't pay any attention to me."

ME: "He can't help if he doesn't know you're still sick. So, call, OK?"

PARENT: mumbles something unintelligible.

ME on MONDAY: "Did you call the doctor?"

PARENT: "No, I'm feeling better today."

ME: "Well, how about I go to the doctor with you?"

PARENT: "No, I'm not a child. And I don't want you treating me like one!"

My Teenaged Parents

I've run headlong into these issues more and more often of late. It's enough to drive you to drink – or whatever it is you do to deal with unending frustration. After all, these are my parents – and they are adults. . .or at least they used to be.

Could I get help? You can guess the answer! Something about hell freezing over.

I'm not about to win this battle, but I could use a friend during some of the more serious skirmishes. Here are a few things that could really lift my spirits:

Come over. Don't send flowers. They're just something else to take care of. But a home-cooked meal would be great.

Stay and serve it. Even greater!

Call often. Not me, my parents. Give them someone else to vent to.

Be a chauffeur. Take them to the doctor, to shop, whatever. Just take them off my hands for a little while.

Start a "Caregiver's Day Out" at your church, synagogue or temple. Give me a break – just a few hours would be wonderful.

Suggest a companion from the Senior Corps. These retired adults spend 10–20 hours each week being a companion to shut-ins. If you're retired, consider becoming one yourself.

Lobby your Representatives and Senators for more funding for Adult Day Care Centers. The nearest one to me is 45 miles away and does not provide transportation.

Some people believe that life is a school with lessons for each of us. If so, my lesson is patience. I know I have to grow it for myself. . .but, please, rally round in the meanwhile. My patience cells are still infants!

Phyllis Staff, Ph.D. – Phyllis Staff is an experimental psychologist and the CEO of The Best Is Yet.Net, an internet company that helps seniors and caregivers find trustworthy residential care. She is the author of *How to Find Great Senior Housing: A Roadmap for Elders and Those Who Love Them*. She is also the daughter of a victim of Alzheimer's disease. Visit the author's web site at

4 Parenting Styles

By Dana Goldberg

Every grandmother and grandfather will tell you hilarious stories of their children when they were first born. And for every funny and touching story they have, they will be able to tell you another for every hardship they encountered. Parenting is something that is done in many different ways by each parent.

My Teenaged Parents

The following are four general styles employed by parents.

Authority: Authoritarian parents rule on just that: authority. Commands are given to children that they must follow regardless of the circumstances. If these commands are not followed, harsh punishment will ensue. These parents do not welcome feedback from their children. In fact, it is met with severe punishment. The children tend to be quiet and unhappy. They have more of a fear than a love for their parents. Male children have trouble dealing with anger and female children have trouble facing adversity due to their heavily structured life where nothing ever changes.

Indulgent: Indulgent parents tend to be described as lenient. They allow immature and childish behavior. These parents expect the children to learn from their mistakes and to fend for themselves in most times of need. These parents tend to be democratic and allow for feedback from their children on issues. They will hear both sides of an argument and usually make a compromise. Indulgent parents usually avoid confrontation with their children by all means, but do tend to be more involved and emotionally closer to their children.

Authoritative: Authoritative parents are a combination of the two styles previously mentioned. They are the happy medium. While expecting proper behavior from their children, they welcome feedback and questioning on certain issues. They're able to demand things of their children but are also able to respond to what their child says, questions and requests. These children tend to be the happiest, most confident and self-assured of all the mentioned parenting styles. It is very difficult to be a purely authoritative parent.

Passive: Passive parenting is being completely uninvolved. These parents may never be home due to immaturity, work or the like. These children are usually raised by grandparents, older siblings, babysitters or themselves. There is no parental involvement at all.

We wish you many happy stories!

D. Goldberg is the owner of Parenting Spirit. Free parenting tips on children's behavior, activities for children and parenting resources for families and professionals.

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