

# Parenting Surviving and Thriving

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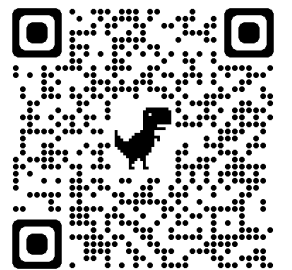
LET'S  
GET  
WEIRD



# My expectations for you...

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- Be vulnerable
- Ask questions
- No leaving wondering
- Email me [ted@cesa6.org](mailto:ted@cesa6.org)
- Take pictures of slides
- Listen to the podcast
- Refrain from smoking



# Ted Neitzke



**Son, brother, husband, dad, uncle!**

**13 Boards in 20 years**

**25 plus years in public education**

**Superintendent, Assistant Superintendent, Principal, Teacher, classroom aide, Coach, and grounds crew**

**Mayor of Port Washington**

**2021 & 2023 Gallup Global Workplace**

**Podcaster – Smart Thinking Podcast**

**Jesuit World Leadership Faculty- Regis**

**CEO CESA 6**

**Six Sigma, Baldrige, Gallup Strengths, and Prosci**



NEW YORK TIMES BESTSELLING AUTHOR

**JON ACUFF**



Simple guideline  
**soundtracks**

The Surprising Solution to **Overthinking**



THE STUDENT'S GUIDE TO TAPPING INTO  
THE SUPERPOWER OF MINDSET

**YOUR  
NEW  
PLAYLIST**

New York Times  
Bestselling Author

**JON  
ACUFF** WITH L.E. ACUFF  
AND MCRAE ACUFF

JON ACUFF WITH L.E. ACUFF AND MCRAE ACUFF YOUR NEW PLAYLIST

UNSPOKEN  
EXPECTATIONS  
CAN NEVER BE  
MET

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**The only way to  
fundamentally  
change the behavior  
of a child, is to first  
change your own.**

# Guideline for Parenting

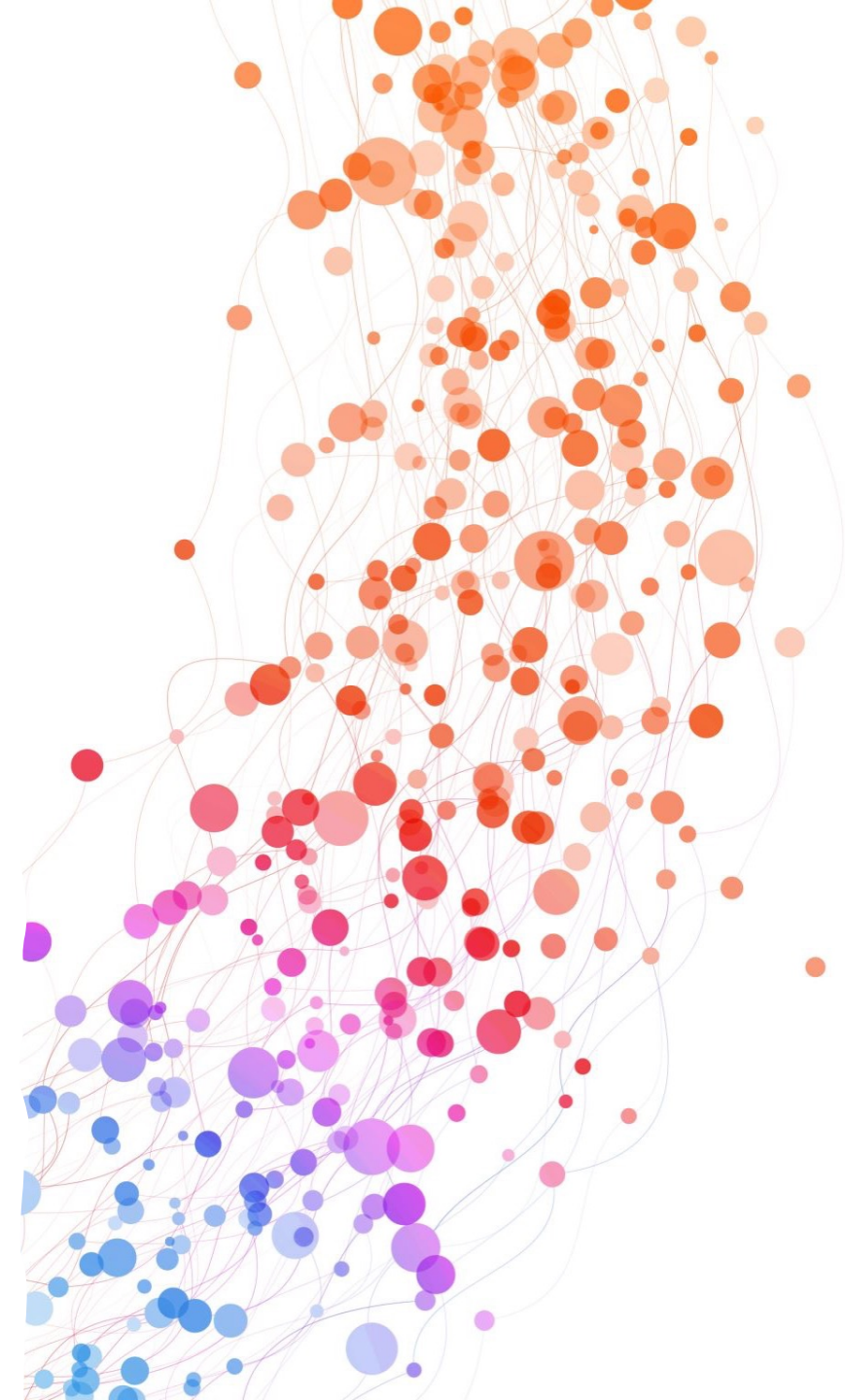
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- **Clarity creates predictability**
- **Predictability creates consistency**
- **Consistency builds trust and reinforces your love and concern**



# SHOULD OR SHOULDN'T

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# Teenagers need a few things

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- **Choice**
- **Voice**
- **Respect**
- **Boundaries**
- **Love**



- **Failure and growth**
- **Firmness**
- **Non-Negotiables**
- ***Processes***

# Don't accept *"I don't know"*

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- **They've learned you'll give up when you hear that statement**
- **Instead, give them time to think about it**
- **Ok, "I'll be back in 30 minutes - and I want to hear your answer."**



# Be a meteorologist

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- **Trick from an FBI training**
- **Forecast Consequences and Solutions**
- **Sit your children down**
- **Use scenarios**
- **Explain what will happen.**
- **Provide a code**





**They don't care about your life experiences when they're struggling!**

- **Don't diminish their life with "one up" behavior.**
- **The best conversation a kid can have is with you listening to them.**



# Empathy as a Parent

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- **Two guiding questions:**
- **What would it be like to be them right now?**
- **What did I need when I was their age?**

# Prepare for difficult conversations

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- **You'll go off the rails if the conversation takes turns you did not anticipate**
- **Write out your objectives. Create a checklist and show it to them.**
- **Tell them how long you're going to be in conversation**
- **Birds and Bee's**
  - **Protecting yourself**
  - **Boundaries**
  - **Pornography**
  - **STD's**
  - **Healthy Relationships**



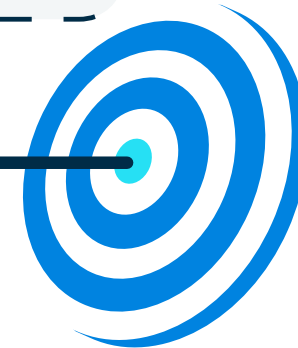
# GOALS IN A CONVERSATION

WHAT I REALLY WANT/NEED

WHAT DO I REALLY WANT/NEED  
FOR MYSELF?



WHAT DO I REALLY WANT/NEED  
FOR HIM/HER/THEM?



WHAT DO I REALLY WANT/NEED  
FOR THE RELATIONSHIP?

# **Do not ignore the little stuff**

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- **Every behavior ignored is a behavior reinforced.**
- **No matter how small the infraction – it must be addressed**







**Don't make threats unless you're  
prepared to follow through**

# Same page for all guardians

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- **One set of expectations is critical**
- **The ability to be “played” is easy for kids.**



# Create Support for Poor Choices

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- **Do you have contingencies in place to support better choices.**
- **Apple Wallet and Uber**





**Wonderings?**