

The Perfect Parenting Recipe: The Key Ingredients Every Child Needs

1/2 teaspoon of hugs

Pinch of attention

1 teaspoon of quality time

6 Tablespoons of patience

2 Tablespoons of laughter

1 Cup of Guidance

1/2 Cup of Discipline

5 Daily Kisses

Mix support into a skillet. Bring mixture to a boil, discipline occasionally. Season with patience. Remove yelling. Let the mixture cool off. Pour patience onto a large platter. Serve to the family with love and lots of kisses. Recipe Yields: a lifetime of bonding and laughter.

4 Tips on Being a Good Parent

Being a good parent means many things to different people. PLP teens brainstormed and came up with at least four tips to share with you on being a good parent.

1. **TEACH:** Show them (your child) everything. Remember we are their first teacher!!
2. **SUPERVISE:** Always have your eyes on them
3. **PATIENCE:** Always (have) understanding towards them



Advice Column

Imagine you received this anonymous letter in the mail. How would you respond? PLP teens offered up their best advice to a teenager who just found out she was pregnant.

Dear PLP Voices:

I am a sophomore in high school who just found out I am pregnant. I am scared and I don't know what to do. I don't know how many months I am because I haven't gone to the doctor yet, but I think I am 4 months. I am SO SCARED to tell my mother because I don't know how she will react and I know my dad will be disappointed. My boyfriend is a senior and thinks it is great and says he will support me and the baby, but I am not sure I want to be a teen mother. I am scared about so many things, like how am I going to finish school and have a baby, how am I supposed to pay for child care, what if my boyfriend leaves and how can I afford food and diapers and stuff for my baby? CAN YOU PLEASE GIVE ME SOME ADVICE?

Signed,

Don't Know What to Do

Age 15

ADVICE

Dear Don't Know What to Do:

We know you are going through a hard time and feeling a wide range of emotions. It would be in your best interest to let your parents know so they can help you look at your different options and help you come to a decision. Keep in mind that a child does not put limitations on your life but gives you more ambitions. Go out and look for programs that will help you if you decide to keep the baby.

Although it may be challenging for you to make a decision, there will always be someone to give you emotional support. Know that you are not alone. There are other people going through the same situation. Be brave and stay strong. We wish you the best in any decision you decided to make.

Signed,

Teen Moms



another program of **Prevent Child Abuse New Jersey**
NEW JERSEY DEPARTMENT OF CHILDREN AND FAMILIES FUNDED PROGRAM

When Mom and Dad Work Together

The conference keynote speaker shared his experience of being a single father. One of the things he mentioned is that he regretted not working together with his son's mother. In this session PLP Teens discussed the benefits of both parents working together for the sake of the child.

Benefits

- More attention for child
- Child feels loved
- Sets a good example for child
- Won't have to struggle as much—Makes life easier

What it looks like:

- Good communication
- Focus is on the child
- Discipline together
- Having family time together
- Helping each other out
- Support each other

DATING: LESSONS LEARNED

We asked PLP teens this question: "If you were to offer dating advice to another teen parent, what would you tell them?" Here's what they came up with.

1. Trust and communication are a must
2. Once you have a baby, it is not about YOU!
3. If you are in an abusive relationship, GET OUT & GET HELP
4. Don't stay in a relationship, just for the sake of staying in it. If it is over, MOVE ON! You'll get over it.
5. Both parents have to work together, even if they are not together
6. No secrets, No Lies, No Denies!