

Ten Tips For Demonstrating Parental Integrity

1. Understand young adults' actions, whether problematic or not, are driven by needs for identity, independence, and intimacy. A need for purpose and a desire for happiness also can be major drivers of behavior.
2. Take the time to listen and inquire to sincerely seek understanding versus tell and criticize or direct and control. Not listening is the number one complaint I hear from adolescents and young adults, and it is a skill that can be mastered. Be a great listener.
3. Express unconditional love and separate this from conditional approval for actions.
4. Practice apology, forgiveness, and compassion while holding firm to your values and requirements.
5. Demonstrate integrity that your young adult can count on: keeping promises, being clear about expectations, and following through.
6. Approach your young adult with an understanding of their stage of change and an understanding that "this too shall pass." They will not always be the way they are today. Be patient.
7. Approach your young adult in the spirit of seeking solutions and options versus focusing on the problem and what's wrong.
8. Commit to being firm, loving, and consistent both individually and as a couple.
9. Pick your battles and follow effective conflict management guidelines even if your young adult doesn't.
10. Ensure that your decisions and actions are driven by love and what's right, and not fear, anger, guilt, or need to avoid conflict and please your young adult.

To learn more about how to apply these tips to demonstrate parental integrity consider ordering- *Parenting Our Young Adults With Love & Backbone: The Practice of Supportive Integrity* available in digital download or print on this website.