



WRITTEN BY YOUTH PARENTING 101

STEP 1: LEARN WITH YOUR CHILDREN

- Mental health talk / Emotion regulation
- Substance use/sex are important topics to address and shouldn't be ignored just because they are "awkward" topics; constructive talks and conversations allow family members to bond better while exchanging perspectives/be cautious and aware
- Teach them about options for religion, sexual orientations, etc. even if you don't "agree" with it
- Be aware of social issues to better understand the latest news/perspectives of the young generation
- Acknowledge that the world has changed since they were young and Canada is different from Asia for example with finding a job, workplace norms, dating, the internet, political correctness, etc.
- Teach them that they should be treated with respect and treat others with respect



- This factsheet was created by the Hong Fook Youth Council
- The Hong Fook Youth Council is a youth-led group to advise and support Hong Fook Youth and Family Services

STEP 2: RESPECT YOUR CHILDREN



- Respect your kids- knock before you enter, respect their privacy, know that they may not be comfortable with sharing everything with you, they will have different opinions than you, just because they respect you doesn't mean you get to disrespect them
- Respect their decisions in their own lives, even if it is something you would not have chosen for them
- Respect their political opinions, even if they are different than yours
- Give children room to form their own opinions and find their own values
- Recognize that kids are other human beings with their own lives, not an extension of yours
- Don't make them feel like parents "owe you" for putting a roof over their head or something like that
- Keep a healthy distance, but not too distant as in absent -emotionally or physically- distance
- Give them room to grow and make mistakes, but don't refuse them guidance when they need it or ask for it

STEP 3: CARE FOR YOUR CHILDREN

- Show that you care for them by asking some questions such as "how was your day?"
- Listen to their issues/opinions
- Understand that some issues may seem small to an adult, but are really stressful to children; never invalidate your children's emotions
- Remember your actions will affect your kids and the people around you
- Even if it is normalised in your culture to hit your kids as a form of punishment, do not do that
- Don't treat them badly just because you have had a bad day
- Listen, validate, trust, praise/critical correction, control impulsive emotions, work on solving problems together
- Be observant; be aware of their emotions, facial expressions, the questions they ask, etc.
- Be open-minded; ignore showing your strong opinions in front of children (could be hard to approach when teens have problems on various topics to talk about)