

Participant Profile: Markiana

Tell us about your family: My family consists of myself; my husband, Kevin; my son, Davion (18); my daughter, Anaijah (14); my step-son, Kevin Jr. (15); and Jasper, our 4 year old Teacup Yorkie.

What town do you live in? Lancaster

What is your professional and educational background?

I work as a Patient Service Representative (PSR) in a cardiologist office, and I am studying Human Services at Lancaster Bible College.

What are your outside-of-work interests and hobbies? I enjoy reading and writing in my free time. As of late, my go-to for alone time is my Bible and journal. I also love spending weekends at home with my family.

How has completion of the Parenting Wisely sessions changed your family? Parenting Wisely has given me a better understanding of my teens and how they perceive my parenting style. Also, I was able to see the flaws in my parenting style and to work on correcting them. After completion of the program, my teens and I are able to discuss expectations, boundaries, and outcomes. Our discussions allow each person involved to share their outlook and feelings. Each of us are given the opportunity to be heard and feeling heard often opens a door to finding common ground. The kids learn to respect my stance on things and I learn to respect theirs. In finding common ground, we are able to meet each other's expectations and build our relationships.

What benefits has your child/children received? My daughter is the teen who had to complete the sessions with me. She now has a better understanding of why I place boundaries and have expectations. She doesn't challenge my authority as her parent as much. Also, her and I are communicating and talking through our challenges rather than staying stuck in our misunderstandings.

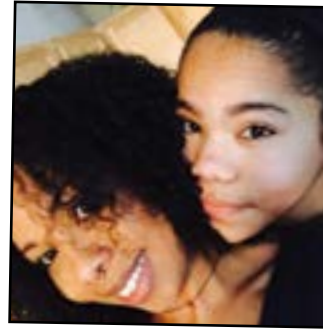
What benefits have you received? What impact has there been on other relationships? My reward has been less anxiety and stress. The relationships my teens and I are building are rewarding.

What are some of the challenges that led you to the program? My daughter was having a hard time with authority figures in her life. This led her into a whirlwind of trouble at home and in school.

Did you have any preconceived ideas about the program? I didn't know what to expect from the program. I was open to trying it when it was offered to us by the Youth Aide Program.

How did you feel after completing Parenting Wisely? I felt normal. For a while I thought me and my children were going through our struggles alone. After watching the videos and relating to the characters and scenarios, I saw that our challenges are shared by many.

What should someone who is considering the class know? I would tell them to go into the program with an open mind. Try not be afraid of the hard things you may realize about yourself or your child when watching the videos. Each video will depict a right way and a wrong way to go about parenting your child. I would encourage people to reflect wisely and to allow their child to reflect and share thoughts about your parenting style. My daughter and I had open discussions about each scenario. I was able to hear her heart and to see how certain things I said or did hurt her. The program has helped my daughter and I, as well as helped me in other relationships where conflicts arise.



Markiana and daughter Anaijah

Parenting Wisely

This program helps families with teens strengthen communication, earn mutual respect, and set boundaries within the home. Participants are often referred through the court system for school truancy concerns. Parents and teens come together for the initial class and then work through a monitored on-line program from home for the completion of the program. The parents and teens answer questions and view videos demonstrating various situations along with examples of how a situation might turn out if it is handled in a negative way, as well as the result if it is handled in a positive manner. This program also has a version for parents with younger children.