

# ChoosingMe26

Parent Involvement Guide—Supporting the 90-Day Life Skills Program

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When a young adult is building discipline and independence, the home environment matters. Parent involvement in ChoosingMe26 is not about control — it's about structure, consistency, and healthy boundaries that support growth.

Our goal: Reduce conflict, increase accountability, and create a clear path toward independence — while protecting peace in the home.

## What Parent Involvement Looks Like

Parent involvement is optional and only used when it supports the client's success. It may include:

- A short alignment call to set expectations
- Clear household agreements (responsibilities, routines, boundaries)
- Consistent consequences (calm, predictable, non-shaming)
- A monthly progress review session (optional)
- Tools for communication and de-escalation

## What Parent Involvement Is NOT

- Not spying, tracking, or constant monitoring
- Not arguing, lecturing, or shaming
- Not rescuing or fixing every consequence
- Not replacing therapy or medical support
- Not a way to control an adult child

## Recommended Parent Sessions

Session	When	Purpose
Home Agreement Session	Week 1	Set expectations, responsibilities, boundaries, and communication rules.
Progress Review	Week 5	Adjust the agreement, reinforce what's working, address friction points.
Independence Planning	Week 12	Confirm next milestones, money expectations, and a 6-12 month plan.

## Key Principles for Parents

- 1) Calm is influence. Panic escalates. Calm creates cooperation.
- 2) Structure creates safety. Routines reduce chaos.
- 3) Boundaries protect relationships. Clear expectations prevent daily arguments.
- 4) Consistency builds trust. Predictable outcomes reduce manipulation and confusion.

5) Support is not rescuing. Allow natural consequences when appropriate.

### **Communication Tools (Simple Scripts)**

Observation + Check-in: "I've noticed \_\_\_\_\_. I care about you. What's going on?" Boundary reminder: "We agreed to \_\_\_\_\_. What's your plan to follow through today?" Saying no (without guilt): "I'm not able to do \_\_\_\_\_. I can support you by \_\_\_\_\_ instead." Timeout: "We're getting heated. I'm taking 20 minutes to calm down. We can talk again at \_\_\_\_\_."

### **Red Flags (Signals to Increase Structure)**

Red flags are not a reason to panic — they are signals to tighten routines and accountability:

- Isolation and secrecy
- Missed responsibilities or appointments
- Sudden changes in sleep or mood
- Reconnecting with unhealthy peers
- Urgent money requests or pressure
- Increased conflict, lying, or defensiveness

Parent response plan: Pause → gather facts → speak calmly → reinforce boundary → increase accountability.

### **Next Steps**

If you would like to participate, we will schedule the Week 1 Home Agreement Session. This creates a written plan for the home so everyone knows what to expect.

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