

## WORST-CASE SCENARIO®

# HOW TO SURVIVE YOUR CHILD'S FIRST DATE

1

### **Meditate.**

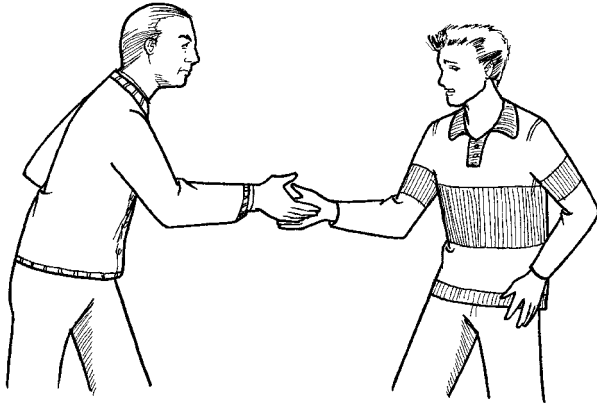
A few hours before the date, exercise, practice yoga or tai chi, or meditate. Take deep breaths in through your nose and out through your mouth. Listen to soothing music. If you take an anti-anxiety medication, make sure that you do not miss a dose that day. Alternatively, consume one cocktail 30 to 45 minutes before the date is scheduled to begin.

2

### **Lay the ground rules.**

Inform your teen that you have a few simple requirements before she leaves on her date:

- Completion of a “dating plan” before departure, including the name of the date, age, and contact information, the intended venues and activities for the date, the names and contact information for other participants, and approximate time frame.
- Approval of attire, including amount of skin visible, number of tears in clothes, color and style of hair, makeup, and jewelry.
- Date must come inside to pick up her up. Honking or calling via cell phone when outside the house is not acceptable.
- Ask now any questions she has about the “Birds and the Bees” (see page 162).



*If the date does not meet your gaze and withdraws his hand quickly, you know you are in control.*

- Curfews must be adhered to.
- Promise to call for any reason, including having a bad time, want a ride home, will be late—but can't be late.

### **3** Shake hands with the date.

Greet him with an unnecessarily long, firm handshake and good eye contact. If the date looks away and attempts to withdraw his hand quickly, this is a positive sign—you are making him uncomfortable; you are in control. If the date attempts to overpower your handshake and meets your gaze with a steely glare, he is challenging you and you should be worried.

### **4** Assess the date's attire.

Dressing too provocatively or too conservatively means the date is working too hard on his image.

### **5** Assess the date's age.

Excess facial or gray hair, crow's feet, and telltale phrases such as "when I was your age," "back in the day," and "they don't make them like they used to" are signs that your teen's date is no longer a teen himself.

### **6** Remind yourself that dating is a rite of passage, that you survived, and that your teen will, too.

## GAMES TO PLAY WHILE WAITING UP

### ★ Guess the arrival time.

Each parent guesses the exact arrival time of the teen (hour and minute). As the chosen times pass with no arrival, each parent picks a new time. The parent with the time closest to the actual arrival wins.

### ★ Pick the excuse.

Each parent chooses three excuses the teen may use upon late arrival. The parent with the right excuse is the winner.

### ★ Name the commercial.

Turn on the television. The first person to correctly pick the name of the product being advertised—before it is mentioned—wins.

## Be Aware

- Do not talk too long with the date. Five minutes of polite conversation is adequate when meeting the date. Do not show home movies or flip through photo albums. Do not take the date's picture or attempt to videotape the first date.
- Give your child a watch that is set ten minutes fast.
- Avoid direct interrogation. Do not say, "So, what are your intentions with my daughter?"
- Do not tag along on your child's first date. If you must see what goes on, follow from at least three or four cars back.

DIRECT QUESTION:	TACTFUL QUESTION:
How old are you?	Who did you vote for in the last election? The one before that?
Do you smoke?	Want a smoke?
Are you an alcoholic?	Want a drink?
Do you do drugs?	Are you holding?
What are your intentions?	Will I be seeing you again?

