

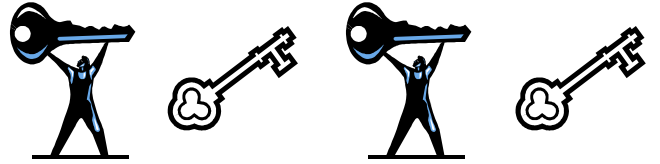
Parent Tip # 3

Keep your eye on the ball.

- ? What characteristics do you want your teen to have when he or she graduates from high school?
- ? What obstacles might prevent your teen from achieving these characteristics?
- ? What can YOU do to help your teen overcome these obstacles?



MISSOULA FORUM FOR CHILDREN AND YOUTH
www.missoulaforum.org



1. Communicate
2. Show love and stay involved
3. Establish clear expectations and consequences
4. Provide opportunities for growth and independence

Parents Make the Connection

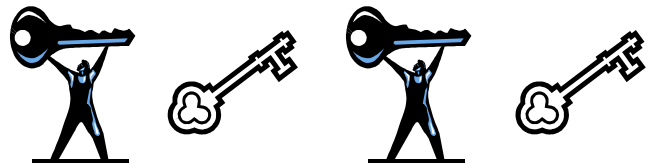
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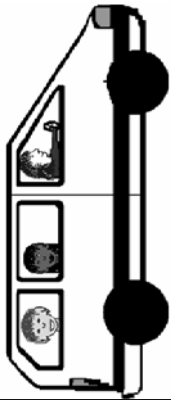
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SHOW LOVE & STAY INVOLVED

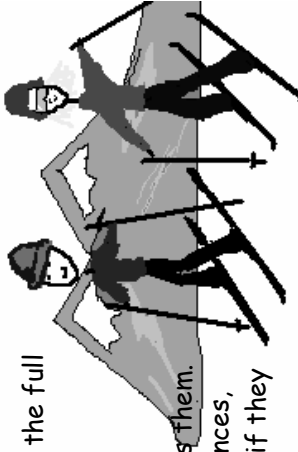
Q: So how do you “stay involved” with a teen who’s embarrassed when you even show up at school? **A:** Time and creativity.



Offer to be the driver. Teens think driving makes you deaf. This lets you spend time with your teen and his/her friends, meet other parents, and learn what’s happening in your teen’s world.

Make the time

- Schedule time together 1:1 and with the full family.
- Do activities your teen enjoys.
- Eat dinner together.
- Share media experiences and discuss them.
- Attend your teen’s games, performances, and other events. Teens care, even if they say it’s no big deal.



Share the time

- Allow your teen to bring a friend along on family outings.
- Make your house available for your teen’s friends to hang out at. Providing “the house” lets you: monitor their behavior, get to know your teen’s friends and their parents, and spend time near, if not with, your teen.



Stay informed: Talk regularly with your teen, other adults in your teen’s life, your teen’s friends, and your teen’s friends’ parents.

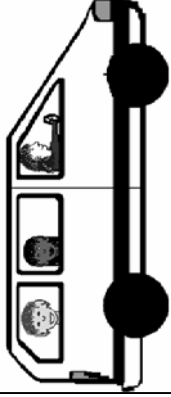
- Know: Who your teen is with, what they’re doing, where they are, and when they’ll be back.
- Look for warning signs of trouble. If you’re worried your teen is facing a problem, ask. Be sure to seek help if trouble continues— your teen’s school is a great place to start. Don’t ignore behaviors like alcohol or other drug use that put your teen’s health, safety, or future at risk.

Thank Praise! Express love! Appreciate! Congratulate! Recognize!



SHOW LOVE & STAY INVOLVED

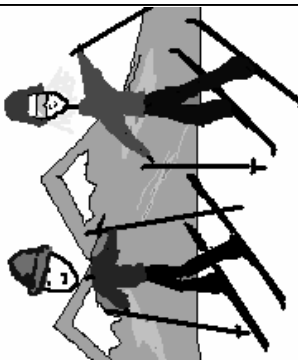
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