

Tips for Parents To Help Their Teen (and themselves)

- Monitor if stress is affecting their teen's health, behavior, thoughts, or feelings
- Listen carefully to teens and watch for overloading
- Learn and model stress management skills
- Support involvement in sports and other pro-social activities
- Find a person to support you (the adult)
- Be on the same page with your spouse or partner
- Set limits and stick to them – Your teen isn't going to like it – you are not their friend
- Find ways to connect with your teen that do not revolve around conflicts
- Get to know parents of your child's friends and regularly communicate with them.
- Provide a check in method to make sure your teen is where they say they are
- Monitor social networking and other mass communication until you are sure they are using it responsibly