

## 5 Tips For Enjoying Summer With Your Adolescent

### 1. Brainstorm With Your Teen

Long before summer break starts, ask about your teen's goals and ideas for the summer. Make it their responsibility to investigate any costs or special requirements for their summer plans. Provide them with a list of important dates they need to keep in mind e.g. family vacations, appointments, etc. Set up a future time to go over and finalize their plans.

### 2. Discuss Summer Behavior

Clearly convey your expectations about drinking, drugs, curfew, driving, TV/computer/video game time limits, entertaining friends when you are not home, etc.

### 3. Establish Regular Communication

Set up at least one time each day that your teen will check in with you – whether it's in person, via phone, text message or even instant message. Assure them these are just quick opportunities for communication, not expectations for lengthy conversations or a lack of trust in them. Arrange a few special times for breakfast or coffee throughout the summer to catch up on how each other's summer is going.

### 4. Be Supportive

Encourage your teen to come to you if they are struggling or find themselves in an undesirable circumstance. Assure them you are always there for them and will not be disappointed in them, punish or criticize them for reaching out to you.

### 5. Think Positively

Reward their positive choices, behavior and responsibility. Emphasize that summer is an opportunity for them to earn trust, respect and freedom. This is much more effective than a long litany about all the privileges they stand to lose.

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