

The “No-Hassles Summer”: Tips for Parents of Teens

- **PLANNING is key**
 - A parent’s role is to be a consultant: “What do you want from your summer?”
 - Focus on building strategies for life: work, stress management, recreation
 - One size does NOT fit all (help teen shape an individualized plan).

- **BALANCING: Structure and flexibility**
 - Engagement in activities and social contacts
 - Sleep is essential for growth
 - Time to explore something new: hobbies, sports, friends
 - Time with family: vacations, meals and activities

- **NEGOTIATING clear boundaries and expectations**
 - Who, what, when and where?
 - Consequences are agreed upon BEFOREHAND

- **COMMUNICATING**
 - Focus on positive: praise, feedback, encouragement, acceptance