

THE PREVENTATIVE PARENT

HELPING PARENTS BE PROTECTIVE FACTORS IN THE
LIVES OF THEIR TEENS

In this Newsletter:

- Building support as the kids head back to school
- Setting the Tone for the School Year
- Community Resources



Back to School Support

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Things are back in full swing as the school year starts back up. There is always good energy about this time of the year--motivation is high, reuniting with friends after a hiatus, and the newness of classrooms and new class schedules. It is important to continue this momentum as fall starts to creep in, the days start to get shorter, and school assignments get tougher. Parents, this is your prime time to build support and focus on the relationship you have with your teen. Here are three simple ways to make sure you set the tone for the school year.

1. **Set Boundaries and Explain Expectations.** As teens get older, we also want to provide them with more freedom. With freedom comes responsibility, and you as the parent need to be clear with what those expectations are. Also, be aware that teens make mistakes, and boundaries will sometimes be crossed. Restate your boundary, re-explain the expectation, and remind your teen that you are there for them.
2. **Encourage Involvement.** Connection is the best form of prevention and helps teens develop their skill sets. Encourage your teen to join a club, try out for a sport, or participate in another community organization. This allows them to learn in ways outside of the classroom and gain new friends or support in the process.
3. **Communication is key!** Above all else, keep the lines of communication open. This takes a lot of work on your part too! This means being open, honest, and vulnerable with your teen. An important part of communication is listening, so make sure to practice non-judgmental listening so your teen knows they have your support. Open-ended questions are a great way to give your teen space to talk.

5 Study Tips to Implement with your Teen

Starting off the school year strong with good study habits is important to keep your teen involved and motivated all year. Check out these study tips:

1. **Work first, play second.** It's hard to teach teens to get what needs to be done, done. Encouraging your teen to use hanging with friends or going to a fun school event as a motivator to do homework can help build valuable time management skills!
2. **Exercise makes the brain work.** Studies show moving our bodies helps increase blood flow to the brain and creates new neural pathways! Even if it is walking the dog, encourage your teen to get up and get moving for even just 30 minutes a day!
3. **Control the Environment.** How you study is just as important as where you study. Make sure there are minimal distractions. Encourage your teen to put their phone in another room. try to have a designated homework space for your teen whether that is a desk or the kitchen table.
4. **Deep Breaths.** School can be frustrating, and breaks from schoolwork are important! Have your teen set a timer for 25 minutes. Work on homework until the timer goes off, take a break for 5 minutes, and repeat until all the work is done.
5. **Sleep!** Staying up to cram for a big exam is *not* a good idea as tempting as it might sound for your teen! During our sleep cycle, our brain is compiling the information we learned during the day into our memory. Make sure your teen receives a good 7-8 hours of sleep the night before a big test.



Community Resources

SEE WHAT RESOURCES ARE IN THE MONROE COMMUNITY

After School Programs for Children & Youth:

Take the Next Steps Kidz Club:

<https://www.tns.org/kidz-club-after-school-program>

Monroe Boys & Girls Club:

<https://bgcsc.org/clubs/monroe-club/>

Sky Valley YMCA After School Care: <https://ymca-snoco.org/programs/child-care/school-age-care/>

Mental Health Services

CH Counseling Services

<https://www.chcounselingservices.org/counselors>

Stories of Hope

<https://www.rosydeprado-storiesofhope.com/>

SeaMar Behavioral Health

<https://www.seamar.org/snohomish-bh-monroe.html>

Community Support Groups for Teens

Queer and Trans Youth Community Group:

<https://www.rosydeprado-storiesofhope.com/groups>

Want to learn more about becoming a Preventative Parent? Join us for our monthly Zoom!

Next Meeting is October 17th @ 6pm!

[Zoom Link](#)

Ask questions, join the conversation, or just listen!