



The Stoughton Wellness Coalition promotes healthy lifestyle choices and reduces youth substance use.

Tips for Caregivers

One of the most important factors in healthy child development is a strong, open relationship with a parent, caregiver, and trusted adult. Below are some practical tips on how to build that foundation of a positive relationship and help you better communicate with your teen on a wide range of topics.

- Talk with your teen about your rules and expectations, and explain the consequences for breaking the rules.
- Talk and listen to your teen often about how he or she feels and what he or she is thinking.
- Know who your teen's friends are.
- Talk with your teen about the plans he or she has with friends, what he or she is doing after school, and where he or she will be going.
- Set expectations for when your teen will come home, and expect a call if he or she is going to be late.
- Set up share location on phones and discuss this with your teen.

- Get to know your teen's boyfriend or girlfriend.
- Get to know the parents of your teen's friends.
- Talk with your neighbors and other adults who know your teen.
- Watch how your teen spends money.
- Pay attention to your teen's mood and behavior at home, and discuss any concerns you might have.
- If your teen does break a rule, enforce the consequences fairly and consistently.
- Make sure your teen knows how to contact you at all times
- Seek professional help (e.g., family counseling) when needed

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stoughtonwellness.org/pledge**