Community Night: Transition Seminar



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| **Ease the Transition,**  **Prepare Your Child for Adolescence**  The transition from being a child to being a teenager can be a rough one. Both you and your child will struggle with their need to become more independent.  You can’t avoid having some stress and conflict. But there are things you can do now to make the transition smoother. Make sure you:   * **Provide a foundation—**a safe and loving home environment. 5 Pos. for 1 Neg. Comments (5:1) * **Foster an Environment of Mutual Respect** Teach & model respect by giving your child respect. * **Allow your child appropriate independence and assertiveness.**  Don’t insist everything be your way. * **Set Firm Limits & Boundaries** Explain why they’re important to your child’s development. * **Teach your child to trust you.** Be honest and follow through on your promises. * **Show your child how to be responsible** For their belongings and yours. * **Expect your child to do household chores.** * **Develop your relationship** Spend lots of time together.   Go on outings & Play Games  Read  *Celebrate!*   * **Spend time talking about difficult topics.**   *Sex, Drugs, Rock & Roll.*  Be a better *listener*, than talker  [http://digital.films.com/play/VERBHJ#](http://digital.films.com/play/VERBHJ)  brought to you by: **[District School Board of Pasco County](http://www.pasco.k12.fl.us/" \t "_top)** |