

The most important jobs of the adolescent parent...
According to our Charles

1. Help create and maintain a...
"Distraction-free,
Designated
Public Workspace."

2. Regularly sit down to...
"Map Out the Family
Schedule and School
Schedule Together."

3. Protect your teen's health...
"By Developing Healthy
Boundaries
& Limits."

4. Foster lifelong work habits...
"By Implementing an
Effective & Consistent
Daily Work Routine."

5. Nurture a growth mindset...
"By Teaching Teens to Set
Goals and Learn from
Setbacks and Mistakes."

6. Show kids how it's done:
"Model the Behaviors
You Ask
of Your Teen."

7. Foster independence by...
"Never *DOING* for a Teen
What a Teen Capable of
Doing On Their Own."

8. Try to let go of the "WHY?"
"Always Look to Move
Forward Through
Reflection and Planning."

9. Build More Responsibility...
"By Inviting Your Teen to
the Negotiating Table to
Consider Their Ideas."

10. Keep calm and carry on...
"Remain the Rational
Example: Don't Get on the
Drama Roller Coaster!"