

Home with Teens – Remember that developmentally, teens are in a stage of identity development and are often more self-focused. Their frontal (reasoning) lobes are NOT fully developed. Don't be surprised if they are challenging you to go see their friends or thinking they are invincible and this virus won't affect them. As a parent YOU GET TO BE THEIR FRONTAL LOBES. Your decisions matter.

- Tips for tougher discussions with your teen:
 1. Remain calm. The calmer you are, the calmer they will be. You can regulate their bodies if you are regulated.
 2. Ask Questions of them: Let them tell you how they are informed about the situation. Chances are they are getting a lot of information via social media, and may be worried enough themselves that they are researching the internet too. Asking these questions allows them to continue to develop their decision-making and problem-solving skills.
 3. Have a discussion and share the information of why you are making the decision, setting the restriction, or establishing a rule. They may not like it but they might see the logic in it (even if they say they don't agree). This is step in decision making (thinking through information logically) that you are modeling for your teen.
 4. Bottom line, you are the parent, and when you see fit, your authority can be the final say.
- Consider setting up a rough schedule for your teens or the family. Again, developmentally, teens want to be independent and have freedom. However, nowadays teens want to spend a LOT of time in their rooms on their phones and ipads. Continue to encourage family meals, exercise time and even screen-free time if you desire. A good balance for teens and parents is to have that rough schedule include time and activities of their choosing, and a few of your choosing. This prevents constant nagging on your end, or an isolated teen on the other end. Maybe a movie or game night (pedicure, basketball night) 1-3 times per week and family dinners to keep you all connected, mixed in with "their choice" evenings and exercise time will create a good balance. Decide for you.