

Changing Your Role from Parent to Mentor/Coach

➤ Love and Connect

Offer support and acceptance while affirming the youth's increasing maturity.

➤ Monitor and Observe

Monitoring a few specific areas has been shown to be particularly effective.

➤ Guide and Limit

Uphold clear boundaries while encouraging increased competence. Loosen up, but don't let go!

➤ Model and Consult

Provide continual support for decision making, teaching by example and ongoing dialogue.

➤ Provide and Advocate

Offer a supportive environment and a network of caring adults. You can't control their world, but you can change it.