

It's FEASIBLE
Enjoy a Healthy Relationship with Your Teen

F-Feedback: Balance “positive” with the “needs more work”, in a direct and gentle way.

E-Eliminate: Parental issues from your child’s responsibility.

A-Allow them to do for themselves what they are capable of doing.

S-Successful situations: Look for opportunities to utilize strengths.

I-Independence: Balance protection and freedom.

B-Boundaries: Create an emotional and physical structure; a developmental safe place.

L-Let consequences happen for behaviors, in a natural and logical way.

E-Enjoy your child as they develop into that special someone.

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Three Springs of Duck River