

How to support your child

FAMILY SUPPORT WORKER TOP TIPS



	Be supportive.		Create a calm and reassuring environment when discussing or challenging your teenager.
	Talk.		Do your homework , fully understand what's going on for them and be prepared.
	Who can help? Involve school (if appropriate).		Don't judge.
	Don't be afraid of boundaries. Don't be a friend be a parent , it's much more rewarding in the long run.		Be open and honest when communicating.
	When dealing with a problem don't panic stay calm.		Don't just listen , hear what they are saying.

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