

Home Workout



Information for Parents



Family Closeness: Key to Teen's Future

Family relationships are critical to raising healthy children, regardless of whether a child comes from a one or two-parent household. Studies show that teenagers who feel loved, understood and connected to their parent/s are less likely to use drugs or engage in violence. "It is emotional availability far more than physical presence that makes the difference," said William Blum, director of the Adolescent Health Program at the University of Minnesota. "You need to give your kids the message that when they need to talk to you, you're available." -

-Journal of the American Medical Association

A Family Time Capsule

Make a family time capsule using a shoe box. Ask each family member to contribute a meaningful item. Make a list of who contributes each item and place the list inside the capsule. On the top of the shoe box, write your family name and the date your family created the Time Capsule. Put it in a special place and set a date to open it in the future, such as on your child's graduation day. Record the date so you don't forget!



Resources

- **Smoking, Tobacco and Health Information**

1-800-CDC-1311

- **National Institute on Drug Abuse (NIDA)**

5600 Fishers Lane,
Rockville MD 20857

"You're You-nique!"

Appreciate your child's uniqueness. By taking interest in your children's activities and interests, you let them know that their experiences and preferences are valuable and worthwhile. Here are some things that you can say:

- "You really look good in yellow."
- "What's your opinion?"
- "You're a neat kid.
I'm so glad you're my son or daughter!"
- "When I see you from a distance,
I can tell it's you from your walk."
- "I love you."

Special Events Calendar

Help your child create a family calendar with family birthdays and holidays your family celebrates. You can also schedule activities you and your child enjoy doing together, such as exercising or playing games.

"It is not the wood,
paper or string
that gives a kite
its flight of wing.
The one who guides
from the earth
is the one who gives
flight its birth."

