

# HIGH SCHOOL Parents<sup>®</sup>

Wake Forest-Rolesville High School  
Herb Nowak, SAP Counselor

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*still make the difference!*



Illustrated by Joe Mignella

## Work with the school if your teen needs daily medication

**M**any health conditions that affect teens require constant monitoring and daily medication. Whether your teen has asthma or diabetes or another health problem, you and the school should work together.

Put your teen's medical needs in writing. You may want to add a letter from your doctor. Make sure everyone who works with your teen has a copy. The letter should tell teachers the signs that he may need medical help. With some conditions, minutes or even seconds make all the difference.

If the school has a nurse or a health aide, she can be a big ally. If not, ask your teen's counselor or adviser for help.

Ask the school to give you the forms you (and perhaps your

doctor) need to fill out so your teen can take medication during the school day. Also make sure that all your emergency numbers are current.

Find out where the school will keep your teen's medication. Is he allowed to take an inhaler (or an epi pen or other medical device) with him from class to class?

Talk to your teen about taking responsibility for his health. He should know where to go when it's time for his meds. If he notices a change in how he feels, he should talk to the nurse, the health aide or someone in the office.

Source: Cheli Cerra and Ruth Jacoby, *Parent Talk! The Art of Effective Communication with the School and Your Child*, ISBN: 0-471-72013-5 (Jossey-Bass, 1-800-956-7739, [www.josseybass.com](http://www.josseybass.com)).

## Discipline

### Cut down on fighting between teen siblings



Even the friendliest brothers and sisters have times when they don't get along. And if

brothers and sisters are not so friendly, these times can be frequent and intense.

You cannot get into the middle of every squabble. But make clear that you insist on a home where each person respects others. A teen who shows respect at home is more likely to show it at school.

Here are some ideas:

- **Have ground rules.** The first one should be no violence. Others depend on your family's values. Leave teen siblings to work things out themselves. But step in with consequences if they break ground rules.
- **Head off problems.** Teens often fight because one feels the other has wronged her. Set up a time each day when you listen to their problems and help them find a solution. This can often ward off a fight.
- **Spend time with them.** Jealousy or a perceived lack of attention is another reason siblings fight. Avoid this by showing an interest in what they enjoy. Talk with each of them one-on-one. Do things with them that they like to do.

Source: Denise Witmer, "Focus on Sibling Rivalry," *Parenting of Adolescents*, [www.parentingteens.about.com/od/behavioranddiscipline/a/sibling\\_rivalry.htm](http://www.parentingteens.about.com/od/behavioranddiscipline/a/sibling_rivalry.htm).

Practical Ideas for Parents to Help Their Children

## Community Service

### What can your teen get out of community service?



Sometimes, your teen may seem more like a roommate than a family member. Between his practices and your work, his social life and your daily chores, you never see each other.

That's just one of the reasons that volunteering together can make such a difference. Families who volunteer together say the effort is worth it. They make their community better and their family stronger.

Teens who volunteer learn many important lessons:

- **Tolerance.** By volunteering, your teen will meet people of all ages and backgrounds.
- **The knowledge** that they make a difference.

- **Responsibility.** Volunteers see how what they do makes a difference. It's hard to whine that you don't have an MP3 player after seeing someone without a home.

How can you and your family volunteer? Think of issues that interest you. Then call a local charity. Ask if they need help.

You can search the Internet to find a charity near you. Find out what you can do to help hurricane victims. Contact a local volunteer clearinghouse. These groups will ask you about your skills, then match you with a group that needs you.

Source: "Community Service: A Family's Guide to Getting Involved," <http://kidshealth.org/parent/positive/family/volunteer.html>.



## Parent Quiz

### Are you helping your teen make reading fun?

Even students who love to read can sometimes find that reading has become drudgery. See if you're doing all you can to help maintain your teen's love of reading. Answer *yes* or *no* to each question:

\_\_\_ **1. We keep books** and magazines around the house.

\_\_\_ **2. If my teen** is having a hard time reading for class, we take turns reading aloud.

\_\_\_ **3. If my teen** likes a certain author, we see if he has a website.

\_\_\_ **4. We look for new ways** to enjoy books—on tape, as a "podcast" or as an e-book.

\_\_\_ **5. Sometimes we take** a book to a coffee shop or café and enjoy reading together.

#### How did you do?

Each *yes* means making reading more fun. For *no* answers, try ideas from the quiz.

## Your Teen and You

### Blend old and new traditions with your teen



Raising your teen takes on extra challenge if your values seem to clash. Try to:

- **Keep an open mind.** Listen to your teen. What she wants to do may not be as harmful as you thought.
- **Hang on to** your key values. You may give in on letting your teen go out with a friend. But don't give in on things such as education and respect.

Source: NSW Health Department, "The teenage years: making them easier for parents and young people," Multicultural Health Communication Service, [www.mhcs.health.nsw.gov.au/health-public-affairs/mhcs/publications/5220.html](http://www.mhcs.health.nsw.gov.au/health-public-affairs/mhcs/publications/5220.html).



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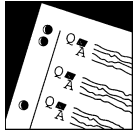
## Have an idea to share?



Do you have an idea for parents that should be in this newsletter? The editors of **Parents Still make the difference!** are looking for practical ideas about how parents can help their children.

**Parents Still make the difference!** pays \$25 for each original idea published, and you will receive credit in the article. Please send your ideas written in English.

Send ideas to **Parents Still make the difference!**, Editorial Department, P.O. Box 7474, Fairfax Station, VA 22039-7474. Materials sent cannot be returned. You can also submit your idea online at [www.parent-institute.com/ideas/pmd/](http://www.parent-institute.com/ideas/pmd/).



## Questions & Answers

**Q:** My teen's government teacher assigns a lot of group projects. The trouble is that not all the members of the group do the work. Time after time, my teen is left to make a poster or do some other job because a team member didn't get it done. What can he do?

**A:** Many teachers give group projects as a way of preparing students for the workplace. The ability to work with different people is a skill that employers look for.

But "working with" doesn't mean "working for." Your teen shouldn't do someone else's work.

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***The ability to work with different people is a skill that employers look for.***

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He should start by talking to his teacher. In this talk, he doesn't need to name names. Instead, he should just suggest that there can be problems with group members not doing their share.

He might suggest that the teacher ask members to write a description of what they contributed to the group. The teacher could also ask the group to describe what other members did.

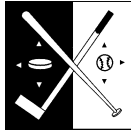
If the teacher doesn't make that request, the group can do it anyway. All the members who did their share could write what they did to move the project forward.

Your teen needs to know he's not being a "tattle-tale" as he works with the teacher to solve this problem. Learning how to deal with people who don't do the work is also a skill that he will use when he gets a job.

—Kristen Amundson  
*The Parent Institute*

## Teens and Sports

# Strive to keep participation in sports a positive experience



Fitness and other benefits of sports are well-known and well-publicized. Yet sports can have a downside. Here are some negatives a teenager may experience, and ideas for prevention and treatment:

- **Injuries.** They can happen in a second. But recovery can take weeks, months or even years. Prevent injury by wearing protective gear and following a training schedule for growing teens. If your teen is injured, do not let him return until he has recovered. Teens who have to sit out may suffer depression or anxiety. Speak to your teen's doctor if you have concerns.
- **Burnout.** Be careful about letting a sport completely take over your teen's life. Remember, he is young and should have

many interests. Do not force your teen to play if he doesn't want to—however, get him to make choices before the season begins. It is unfair to abandon a team mid-season.

- **Embarrassment.** Some teens want to play a sport, but are chosen last or not at all. Others may have trouble if they are much bigger or smaller than their peers. Others struggle during growth spurts. Encourage your teen to try a sport that matches his abilities and interests. Sometimes this is an individual sport, rather than a team sport. If a growth spurt is making him clumsy, tell him to hang in there. It will pass.

Source: Donald Greydanus, M.D., "Sports and Teenagers: Can Parents Reduce Some of the Stress?" HealingWell.com, <http://healingwell.healthology.com/healingwell/16333.htm>.

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## Motivating Your Teen

# Try daily routines instead of nagging to motivate your teen



If you still manage your teen's every move, then she only does things because you push her. This is not motivation. Motivation happens when teens feel, from within, a reason to act.

A way to create this feeling is to encourage your teen to rely on routines instead of reminders. Do not make these routines for your teen. This would be you managing her. She needs to create them herself.

Routines work well in these areas:

- **Homework.** Your teen can decide when homework fits in best. Then she can make a

daily schedule showing the time and place for homework. Remember: Unfinished homework is an issue between your teen and her teacher.

- **Chores.** Chores are done to help the family and keep the household running smoothly. Talk with your teen about her chores. Let her know about deadlines, but let her keep her own schedule. Post the schedule and point to it if she forgets, but don't nag.

Source: Jane Nelson, "How Do You Motivate a Teen?" Positive Discipline, [www.positive-discipline.com/articles/teenmotivation.html](http://www.positive-discipline.com/articles/teenmotivation.html).

## Reinforcing Learning

### Encourage your teen to write as often as possible



The ability to get ideas across through the written word can spell success in

school and life. A good piece of writing can help your teen get an interview, a job or a spot in college. It can help her share experiences with loved ones. The possibilities are endless!

Here are a few ways to get your teen writing:

- **Jot things down.** Not just lists and schedule notes, but impressions. On a car trip, give your teen a pen and paper and say, "I'd love it if you wrote down your thoughts on what you see while we're traveling."
- **Give her a journal** to record feelings, ideas and experiences. These are often private, so don't read it unless your teen invites you to.
- **Write together.** Do you and your teen have information to share? Maybe you could co-author an article for a school or community newsletter. Do you feel strongly about an issue? Write to the editor of your local paper. Don't extend your cooperation to schoolwork. Writing school assignments is for your teen to do on her own.

Source: Patchogue-Medford Congress of Teachers, "Writing Skills," PCMT.org, <http://pmct.org/helpsucceed/writing.html>.



***"Spectacular achievements are always preceded by unspectacular preparation."***

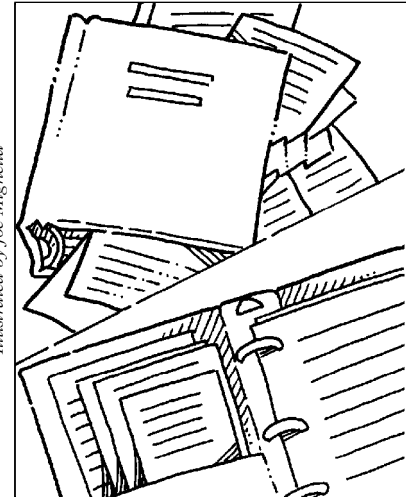
—Roger Staubach

## Building Responsibility

### Help organize your teen's binder to build responsibility

If your teen knew where to find her assignments, she could spend more time doing the work and less time searching. Here's a quick checklist that can help your teen organize her binder:

- **Make sure that** there's a divider for each class your teen is taking.
- **Have a page** at the front of each section for assignments. Help your teen get into the habit of writing down every assignment in every class every day.
- **List the name** of each class on the divider tabs.
- **Have a hole punch** at home so your teen can keep hand-outs, old tests and other important papers in her binder.
- **Spend time** at the start of each study session going through the binder.



Illustrated by Joe Mignella

- **Have a pocket** for things that have to go back to school. Make sure that work to go to school is in the pocket each day.

Source: Lawrence Greene, *Study Max: Improving Study Skills in Grades 9-12*, ISBN: 1-412-90468-4 (Corwin Press, 1-800-818-7243, [www.corwin.com](http://www.corwin.com)).

## Peer Pressure

### Help your teen learn how to resist negative peer pressure



Peer pressure is a part of every teen's life. Parents can help teens resist negative peer pressure. Here are some tips:

- **Respect your teen's ideas.** Does he have a decision to make? Encourage him to talk it out.
- **Hold your teen accountable.** It can be hard to watch a teen make a mistake. It will be even harder if you don't let your teen learn from it. Of course you won't let him do anything that would put him in danger. But if he's in trouble

at school because he didn't do an assignment, don't bail him out. The next time his friends suggest cutting a class, he'll think twice.

- **Spend time with your teen.** It's normal for teens to want to spend time with friends. But parents need to spend time with teens as well. Go to your teen's games. Watch the TV shows he's watching.

Source: Anne Marie Robichaud, "Helping Your Teen Resist Negative Peer Pressure," Canadian Parents, [www.canadianparents.ca/CPO/TweensTeens/Teens/2004/08/16/592454.html](http://www.canadianparents.ca/CPO/TweensTeens/Teens/2004/08/16/592454.html).