

Oregon School District Family Resource Newsletter

For Parents of Tweens and Teens

Did you Know?

Fall post-game parties can mean danger for your teen. Make sure you know they'll be safe and sober. Host an alcohol-free party at your house!

Adults who provide alcohol to teens or knowingly permit teens to drink can be fined up to \$10,000 under state law. The court can also suspend your drivers license or require community service. Don't take the chance!

**Homecoming is
 September 25th**

What can you do if a guest brings alcohol or drugs to your house?

Call the parents. Ask them to come and pick up their teen.

If you can't reach the parents, keep the teen at you home, away from the other guests or call the police if necessary.

Taking Time for Family Time

Want your kids to get **better grades**, be **less at risk** for using drugs or alcohol and **communicate with you better**? Kids who **eat meals together with their families** at least **5 times a week** do all this and much more!

Routine

Back to school time is a great time to establish a routine that includes as many family meals as you can! Once you schedule one or two nights a week you'll find it easier to add more.

Keep food preparation easy so you can focus on your family. Bring out your old crock pot recipes or have something simple and kid friendly

like pizza or spaghetti. Here's a link to a turkey tetrazzini that takes only 15 minutes of prep time and 20 minutes to cook: <http://tinyurl.com/familymeals>

Conversation Starters

If you're not sure where to start a conversation, visit makealifetimefamilytime.com for mealtime conversation cards, tips on how to talk to kids about alcohol, tobacco and drugs and to download a free kit with ideas and templates for family meals. Meal time is a great time to talk about family expectations and rules, too. Family meal time is a great time to practice active listen-

ing skills, too. Ask open ended questions (that can't be answered yes or no) and then just listen.

Family Meals Are Important

Part of a successful family meal is having everyone participate in the conversations. Ban cell phones from the table, turn off the TV and turn down the music. Revive the lively art of conversation!

For more information contact Cynthia DiCamelli, Family Resource Coordinator at 835-4052 or cad@oregonsd.org

Timing your Teen

As your teen grows and matures, you may find that some skills don't develop at the same rate. Your teen might look much more like an adult, but many parents will agree that kids this age have some real organizational challenges.

At this age, teens are faced with a lot of demands on their time and they may not have the skills

they need to manage time wisely. Here are some things you can do:

Set priorities. Your teen should know that school comes first. Doing homework in a timely way, keeping up with studying and managing long-term projects are skills that will help in college, too.

Set limits. Talk with your teen to determine how many after school activities he or she can realisti-

cally handle, how many hours to work and how much time is left for a social life. Don't let them become overextended.

Set an example. Make time in your life for family, recreation and chores, all in balance. How you handle your time teaches your kids a lot.

For more ideas visit <http://tinyurl.com/workingteens>