

HOW TO BE A PREFRONTAL CORTEX

- Be strong and be there. Stand your ground when you know it is in the teen's best interest.
- Eat dinner together
- Let them sleep
- Give them safe thrills
- Insist on extracurricular activities
- Talk about the risk of drinking and drugs
- Let them work
- Watch their wallets
- Let them know your values
- Appeal to their vanity
- Respect privacy, know when to snoop
- Understand what matters to the adolescent

TIPS TO HELP KEEP A CLOSER EYE ON YOUR TEENAGER

Feel like you're losing touch with your teen? Here are six tips on how to keep a closer eye on your son or daughter.

1. Try to be in the house when he comes home in the evening. Make your child have a conversation with you before he goes to his room so you can look and smell for signs of alcohol or drug use.
2. If you're suspicious about your teens' activities, check with their friends' parents to find out what they know.
3. Let her know that you'll be spot-checking her for signs of drinking or marijuana use.
4. Be on the lookout for empty beer cans or bottles of alcohol that turn up in your trash. And if they do, make sure you question your teenager about them.
5. When your children tell you they're going to a party, find out where it is and make sure it's supervised. If it's not, don't allow them to go.
6. When they're at a party, have them phone in and talk to you briefly. This isn't foolproof, but it makes them think twice about getting drunk because they'll wonder if you can tell. They'll balk at the idea of calling, but you can make it a condition for going.

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5 WAYS TO SHOW YOU CARE

- 1. Reinforce your love -- say the words I love you*
- 2. Be careful not to criticize; describe a better way.*
- 3. Remember that children often reflect what they have or have not been taught.*
- 4. Teach the principles of "why," not just "what" to do or not to do.*
- 5. Listen to them, a lot. Avoid interrupting. Give them your undivided attention.*