

Planning *the* Summer *with Your* Teen

With summer in view, the time to plan is now. Without a plan, your teen may end up bored at home. With the right planning, your teen can use the summer to learn life skills, help others and bond with family.

These tips can help you plan the summer with your teen:

- **A summer job:** A summer job can teach valuable life lessons, from how to apply for a job to how to manage money. You can help by putting your teen in touch with contacts, identifying strengths and interests, proofreading résumés, or doing a mock interview.
- **A summer internship:** An internship in a field that interests your child can be a great summer experience. Seeing what a job is really like and making connections are valuable.
- **Volunteer service:** Employed or not, teens should be nudged to help others, including during the summer. There are lots of ways to do so, from pitching in at a soup kitchen to caring for animals at a shelter.
- **The family vacation:** An important – and often hard – task is to plan a vacation that everyone can enjoy. Communication with your kids is the key. Go beyond asking what they want to do to talking about what interests them. Then plan a fun trip based on a book, movie, music, etc. that interests your child.
- **Time with your teen:** Your teen's growing independence is a good thing. But your time with them matters too. Plan activities that you can do together, such as going on a hike, attending a sporting event, etc.

Collaborating with your teen on a plan for the summer can ensure a fun, productive time. That being said, some parents and teens may have trouble agreeing on summer plans or communicating in general. If you are concerned about your relationship with your teen, your EAP can help.

Need help?

Call toll-free, 24 hours a day, seven days a week:

1-866-EAP-4SOC | 1-866-327-4762

TTY users should call 1-800-327-0801.

Or visit us at: eap4soc.mhn.com and register with the company code: **soc**