

HOWARD CENTER

TIPS FOR PARENTS OF TEENS

Being a parent can be challenging. Thankfully, there are many resources to turn to for help.

LOCAL RESOURCES

HOWARD CENTER MAIN PHONE INTAKE LINE
802-488-6000

CRISIS LINE 24/7/365
FIRST CALL FOR CHITTENDEN COUNTY
802-488-7777

Centerpoint Adolescent Treatment Services
www.centerpointservices.org – **802-488-7711**

Northeast Family Institute
www.nfivermont.org – **802-658-0040**

Spectrum Youth and Family Services
www.spectrumvt.org – **802-864-7423**

Vermont 2-1-1
www.vermont211.org – **2-1-1**

ONLINE RESOURCES

American Academy of Child and Adolescent Psychiatry
www.aacap.org

American Academy of Pediatrics
www.healthychildren.org

National Parent Helpline
www.nationalparenthelpline.org



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During especially stressful times, there are helpful tips to remember. It's also important to know that it's always okay to ask for help.

Listen with an open mind, avoid power struggles, and be open to a different perspective.

Teens communicate with both behavior and their words.

Take care of yourself: reach out to others, exercise, or listen to music.

Even in times of stress, do something fun or special with your teen each day.

Balance close supervision with giving space.

Testing limits is an expected part of teen development.

Set limits and appropriate consequences in advance.

For a full list of the services Howard Center provides and all the ways we help, visit www.howardcenter.org.

