

BALANCING INDEPENDENCE & SUPPORT

Our relationships are really important and we all need support sometimes. Part of growing up is learning when to be independent and when to ask for help. Here are tips for finding the right balance between being independent and asking for help.



1. STAY CALM & SHARE YOUR POINT OF VIEW

- Take some deep breaths.
- Talk about what would be most helpful.
- Talk with your parent when you are both calm.
- Be sure to listen to what they have to say.



2. SCHEDULE A REGULAR TIME TO CHECK IN

- Setup a regular time to check in on how things are going.



3. KEEP COMMUNICATING & ASK FOR HELP WHEN YOU NEED IT



- It's important to keep letting your parents know how you are doing.
- Share your successes like when you do well on a test.
- Share when something is bothering you, or when you need help.