

# Strengthening Parent-Teen Relationships in a Wireless World

## Part 2. Monitoring

Write the first step you will take this week to get closer to what you would like your “technology” rules and expectations to be with your teen.

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Changing habits is difficult for everyone, especially when the changes are imposed by someone else. If your teen has developed unhealthy habits with digital media, you may wish to consider:

1. First, try **connecting** to fill your emotional bank account with a positive balance so your teen recognizes you care and are willing to help, not criticize or scold.
2. Hold regular family meetings to get input on setting rules and consequences. Plan together the consequences for broken rules and celebrations for successes.
3. Make time for firm, fair and friendly conversations.
4. Exercise patience as your teen learns new patterns.

Call your local parent resource center for additional information and techniques that may be helpful.

**Tips from the teacher and other participants I would like to remember:**

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