



## KEEPING TEENS ON TRACK

### *Advice for Parents Offered*

Teenagers.

It's not easy being a teen. It can be just as rough being the parent of a teen. At a time when most kids are finding themselves, many also go astray.

Parents can play a huge role in whether their child stays on track, in part by...being parents. That's not always easy and sometimes parents don't know what to do.

Three Springs, an organization of educators and experts focused on helping teenagers and their families, has operated residential treatment programs across the United States for the last 20 years. After helping more than 15,000 teens, they offer this list of five things parents need to know and do:

**Listen** - Understanding what your child is communicating or even what they are not communicating is crucial to assessing where your child is emotionally.

**Be Involved** - Interact daily and show an interest in your child's activities

**Be a Parent** - Parenting involves making unpopular decisions. It is easy to confuse being a friend with being a parent.

**Be Consistent** - Don't overreact to some situations and under react to others. Children should understand that there are natural and logical consequences to their actions.

**Trust and Respect** - Forming a relationship based on trust and respect is the most important thing you can do to make parenting easier.

“All children need support, direction and encouragement from an adult” said Sharon Laney, COO of Three Springs. “Unfortunately, many of the children we serve never acquired the skills to make good, safe decisions.”

For parents who do have a troubled adolescent, seeking help is critical.

Three Springs operates over 20 treatment facilities in 8 states, but they are best known for their outdoor residential programs, which involve outdoor living, therapy and lots of responsibilities. A child lives on campus with a group of peers, and his or her group must constantly work together for the group to function. The student works through stages which eventually lead to graduation.

“We offer both therapy and education, but in a highly structured environment,” said Laney. “The children learn the principles of honor, respect, teamwork, responsibility, accountability and honesty.”

20 years and more than 15,000 students later, Three Springs still focuses on the important task of helping troubled children discover lasting solutions.

For more information call 888-758-4356 or go to [www.threesprings.com](http://www.threesprings.com)