

Getting Enough Sleep

To help your teen get enough sleep it is important to: maintain a regular sleep schedule, avoid oversleeping, turn off electronics one hour before bed, increase physical activity throughout the day and adjust bedrooms to a cooler temperature to promote staying in bed.

You may also be interested in taking Combating Sleep Issues, which is another Seminar that Hands TheFamilyHelpNetwork has to offer. It has many great tips that may assist those who have trouble when going to bed.

Nutrition

Following the Canada Food Guide is a great tool, however it may not always be that easy. Try to be creative when making healthy meals and let your teens get involved in the planning. There are many great ideas and recipes on the internet. DIYProjectsForTeens.com has some fun recipes if you are looking to try something new. Make it a joint project for you and your teen.

Getting Your Teen Active

It may not be easy to get your teen active so try to keep it fun. You can do things like have a dance party inside or outside of the house. Fun, energetic activities can also include jump rope, riding a bike or scooter, playing sports or swimming! There are also many great videos on the internet that they may find fun and want to do.

Body Odor

Increased body odor is natural as your child reaches puberty. Remember to prompt them to wash daily, especially in specific areas such as their armpits and groin area. Showering and hygiene routines can be a great place to use visual schedules to remind your child what to do.

Here are some options that you can try to assist with the elimination of body odor:

- Try using apple cider vinegar for problem areas. Apple cider vinegar is a natural remedy that can be used for treating body odor.
- Try changing what you eat may help with body odors as well.
- If body odor is left in clothes, try soaking your clothes in white vinegar and water for a few hours, then wash. It removes the body odor smell and will not leave you smelling like a pickle.



Private Time

Masturbation is a normal part of puberty and a time where teens are discovering their body. Be specific with your teen about where and when masturbation can happen. Discuss the use of towels and lubrication with them to ensure that they do not injure themselves.

Using a Visual Schedule

Visual schedules can be very helpful if your teen has trouble following verbal instructions. It gives them the opportunity to know what comes next by looking at a picture that helps them understand. This can also be useful for selfcare, showering, shaving routines or changing sanitary napkins.

Internet Safety

Internet safety and sexuality can be a huge concern for parents. Fortunately there are many ways that you can track/monitor internet use on your computer, such as checking the internet history.

There is also software that you can use to monitor your teens internet usage. Here are a couple you may be interested in checking out:

- SafetyWeb- www.safetyweb.com
- Kernel Computer Activity Monitor tool- https://download.cnet.com/Kernel-Computer-Activity-Monitor/3000-2162_4-75758647.html

Consent

Consent can be tricky to explain so that it is understood. These videos may help you explain it:

- <https://youtu.be/h3nhM9UJjc>
- <https://youtu.be/-olgcmMIokQ>
- <https://youtu.be/5vmsfhw-czA>