

Monday, June 7th from 7 – 9 PM

Location: Redmond Senior Center Multi-purpose Room (8703 160th Avenue NE, Redmond)

*Don't miss this outstanding presentation for parents of high school students
Practical information as the summer approaches & your teen will have more unstructured time*

Staying Close While Standing Back: The Art & Science of Parenting Your Increasingly Independent Adolescent

Presenter: Julie Metzger, RN

One of the greatest balancing acts parents face in today's world is knowing when to step forward to help and guide their teen's lives and when to let their teen make independent decisions and choices for themselves. These moments can be as simple as what they wear to school that day to a decision to not attend college. How do families work together in a partnership of trust and respect as children and parents encounter new experiences? What are specific ways we can encourage our teens to be resilient, accountable, and inter-dependent people in a fast-changing world? This presentation will also include how to communicate with your child about potentially risky choices. You will learn - What are the right questions to ask? What information do your students need? How can you assess the risk?

Julie Metzger, RN, the Co-Founder of **Great Conversations**, is a well respected presenter on a wide range of parenting issues. She has developed and taught classes on puberty, sexuality and decision making for pre-teens and families for 20 years and has worked with tens of thousands of families in Seattle, Pittsburgh, Palo Alto, and throughout the Puget sound region. In addition, she has developed health curriculum for middle school students on decision making. Julie is a Nurse Consultant at Children's Hospital and a parent to three adolescents. She and her colleague, Rob Lehman, MD have a website reflecting their work with families – www.greatconversations.com

Recommended for Parents of High School Students

Sponsored by the Lake Washington PTSA Council

Questions? Contact Joanne Hall, Chair, Parent Education at jjjahall@juno.com or

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