

Strategies for Positive Parenting of Your Teenager



**Call First Sun at
800-968-8143
or visit
www.firstsuneap.com**

Positive Parenting Is a Must for Positive Results

The teen years can be turbulent to say the least. Paired with today's societal pressures, growing up is no easy task. It's a parent's job to observe and communicate successfully to ensure the right rules are set and enforced to support the safety and development of their children. We can help you be successful in your parenting role.

Call and speak with our experienced intake team who can help you find the right resources to create the best outcome for you and your teen.

Signs your teen wants or needs your help:

- Wears attention-seeking clothing.
- Changes in school performance.
- Extreme weight gain or loss.
- Change in friends or activities.
- Increase in lying.

First Sun EAP services are made available to you and your family members by your employer. You can use the services whether or not you have chosen to participate in an employer health plan.

All counseling services are confidential in compliance with the law.

First Sun EAP Counselors are available 24/7/365 at 800-968-8143.

Employee
& Family

Member Services