

Nutrition *Teen and Tween (11+)*

Teens need a lot of water, especially if they're active. Have them carry around a water bottle everywhere: in their backpack, at practices and lessons, in the car. Keep it in the fridge at home, so it'll be cold when they grab it.

There's more where this came from.

Visit childrenscolorado.org/ExpertTips to search parenting topics by age, and sign up to get tips and advice sent right to your inbox or home.

Behavior *Teen and Tween (11+)*

During discipline, keep the focus on what you want your child to learn. Thinking of it as teaching rather than punishment can help shape how you demonstrate a more positive behavior.

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Sleep *Teen and Tween (11+)*

Melatonin is the chemical our brains release to tell us it's time to sleep — and the blue light from screens suppresses it. Make sure kids and teens put away electronics at least an hour before bedtime.

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Sports & Play *Teen and Tween (11+)*

Kids and teens should get at least an hour of aerobic activity every day — meaning activity that increases their breathing and heart rate, vigorous enough to get your child sweating at least three days a week. (Gym class isn't going to meet that standard).

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Technology *Teen and Tween (11+)*

When a kid or teen is accessing inappropriate or concerning materials routinely, that's a problem in itself, but it can be a sign of trouble elsewhere. Check in with your kid often, and keep tabs on what they're doing online.

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Health & Safety *Teen and Tween (11+)*

When thinking about whether your kid or teen is ready for a certain type of media — Snapchat, say, or R-rated movies — ask yourself two questions: Are you comfortable exposing your kid to it without supervision? If not, then they aren't ready. Are you comfortable fielding your kid's question about sex, drugs, abuse or anything else that media might bring up? If not, you aren't ready.

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