

— SUPPORT FOR LEARNING —  
*Social Emotional Wellness*  
**SNAPSHOT**



Our teens want independence from us, not disconnection from us. During adolescence they need our influence more than ever, but to open the way for this, we need to focus more on connection than control.

karen young | [www.heyaisigmund.com](http://www.heyaisigmund.com)

[October 2020 Middle Snapshot - Hold on to Your Kids](#)