



## Supporting CommUnity

### **When to Worry**

As parents, we know that one primary developmental goal of adolescence is to become independent. A hard enough task on its own, it's made even more difficult when mom or dad is hovering around like a helicopter, monitoring every move their child makes. We want to guide them without micromanaging them, but how do we trust that what's going on in their life is just "normal" kid stuff and not a behavior to be concerned about. Together we will discuss how you can discern those behaviors of normal youth development and possible warning signs to worry about.