

# Youth Health Bulletin



MAY 2013

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## THIS MONTH'S TOPIC:

# GETTING ALONG WITH YOUR PARENTS



**Y**our Mom and Dad are some of the most important people in your life. You see them every day and they have a big influence over you. Because they are so important, try to spend time with them if you can, and build a strong relationship together.

How YOU Can Build a Strong Relationship with Important Adults in Your Life:

### Spend time together

Do something together, where you enjoy each other, like taking a walk. Watching TV doesn't count because you are just sitting next to each other. If you do not see both of your parents all of the time, make

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# Helping with chores without being asked and not fighting with your brothers and sisters will make your parents very happy.



## Word Scramble

OD ORYU EBTS: \_\_\_\_\_  
EB KNDI: \_\_\_\_\_  
SOWH OYU CREA: \_\_\_\_\_  
PENSD EIMT TGTREOHE: \_\_\_\_\_  
SEARH YORU GNFIesel: \_\_\_\_\_

ANSWERS: Do your best, Be kind, Show you care, Spend time together, Share your feelings.

they see that you are a good kid they are happy because it means they are doing a good job.

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the most out of the time you get with each parent. You could use phone or email to stay close even when you are apart.

## Share your feelings and ask for help

Important people in your life want to help you, but they can't if they don't know why you are upset. Tell an adult when you are sad or struggling with something.

## Be kind

Just like you, small things like a hug, a card or a joke can brighten your parents' day. Helping out with chores at home without being asked and not fighting with your brothers and sisters will also make your parents very happy.

## Show you care

Give kisses and hugs and say, "I love you". Respect adults and your siblings while being caring and polite.

## Do your best

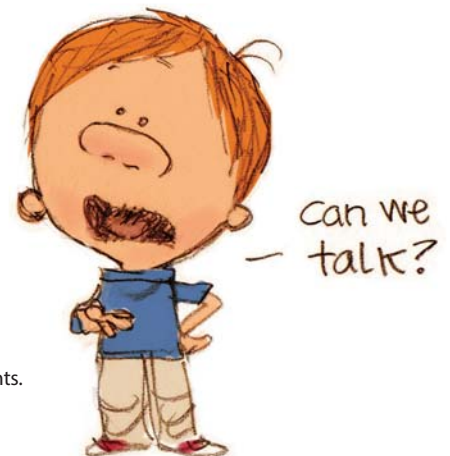
People are proud of you whenever you do your best. They do not think you should be perfect. When

Mother's Day is Sunday, May 12. Make sure your mom feels special!

- Wash your hands without being asked.
- Make your bed AND her bed.
- Don't fight with your brothers and sisters.
- Let her sleep late.
- Make her laugh — moms love jokes and silly dances.

The adults in your life are very important to you. Doing these things with them will help you have a close relationship.

Having a close relationship with them will make you and them happy.



## SOURCES:

- [http://kidshealth.org/kid/feeling/home\\_family/mom\\_day.html#cat20068](http://kidshealth.org/kid/feeling/home_family/mom_day.html#cat20068)
- [http://kidshealth.org/kid/feeling/home\\_family/parents.html#cat20068](http://kidshealth.org/kid/feeling/home_family/parents.html#cat20068)

Youth  
Health Bulletin

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