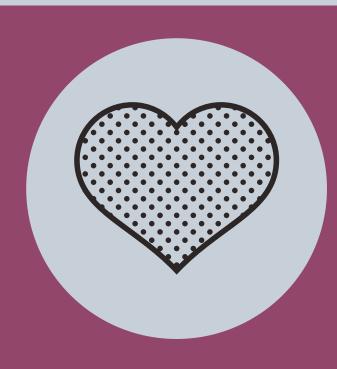
WAYS TO GET CLOSER TO YOUR PARENTS: Stay connected

Dr. Isolina Ricci, Ph.D.



STAY CONNECTED WHEN YOU ARE APART

This can help you be closer when you are together ... Keep trying until you find things that work.



TELL YOUR
PARENTS YOU
MISS SPENDING
TIME WITH
THEM



SUGGEST THAT YOU HAVE A "DATE"

For an hour or two every week when it's just the two of you together.

Ricci, I (2006). Mom's house, dad's house for kids. Simon & Schuster

F.A.I.R. SOLUTIONS