



5 LIFE LESSONS TO TEACH YOUR HIGH SCHOOLER DURING QUARANTINE

Depending on where you live, this may be week number 4 of being quarantined. And for some of us our houses have never been so clean. And as nerve wrecking as it may be, there really is something sweet about being locked in with the people you love most. With that in mind, why don't we use this time to teach our high schoolers (and maybe middle schoolers) several life lesson skills that they will need and use forever.

By DEBORAH PORTER

Here are 5 lessons that we can introduce weekly:

1. Financial Literacy-balancing a checkbook, reconciling the account with the spending.
2. Creating and Following a Budget-To keep you informed about where your money has gone and how you are spending it. For example, show your child the grocery store bill, water bill. Not necessarily your entire financial portfolio.
3. Basic car needs-how to check the oil, where the windshield washing fluid goes, how to put air in a tire and how to properly jump a car battery. Most of us have some type of road side assistance membership.
4. Journaling-Especially in this moment. Your children will be talking about where they were during COVID19 with their children and grandchildren in years to come. How great would it be if you, Mom, pulled out a journal you encouraged them to write all those many years ago.
5. Autonomy-It is time to retire the helicopter/lawnmower parent once and for all. Require them to think. Because once they leave our homes for college or straight into the work force, that is the one skill we can help them exercise before leaving, how to think. Laundry, cleaning their room and other areas of the home. Not moving the pile of junk from one part of the house to another. Cleaning and organizing a closet, a pantry. Not to mention, what is their contribution to the family unit as a whole? Not for payment, not because you're yelling and not because you've asked 5 times and nobody has moved off the couch.