

## 9 Ways Parents Can Help Ada Friends

**1. Take an active interest in your child's Ada Friendship.** What do they do each week? What does your child like about his/her Big? What does s/he not like? Knowing what is happening is the best way to protect your child. Besides, these discussions can strengthen your relationship with your child.

**2. Contact the Ada Friends staff with any questions or concerns.** Has it been a few weeks since you've heard from your child's Big? Is there something going on that you don't like? Please call the staff before little problems become big problems. In addition to scheduled office hours, you can always leave a message for the Ada Friends Coordinator at 419-772-2202.

**3. Help your child keep appointments.** Teach your child how to read the family calendar. Help your child realize when you will be at work and unable to drive. Teach your child how to return phone messages. This will teach your child some new skills and expand his/her thinking to include other people as well as increase the benefits of the Ada Friendship.

**4. Help your child's Big learn when to get in touch with you.** If there is no one home at a certain times because of work or other obligations, let the Big know that information as well as when would be a good time to call. If your family is frequently online, consider using e-mail to set up meeting times. The single biggest difficulty past Ada Friends have had is staying in contact with each other.

**5. Help with transportation when able!** Your child's big is a crazy busy college student and that extra 15 minutes you take to drop them off, is 15 more minutes they can spend with your child or saving in gas money! Try to be considerate with you expectations 😊

**6. Alert your child's Big to changes in address or phone number.** Think about it: if your phone number changes and you don't tell your child' Big, how is s/he supposed to get in touch with you?

**7. Keep your child's Big informed of situations that may be having a major influence on your child.** For example, is there a grandparent with a major illness? Is your child having trouble in school? If your child's Big knows about situations like this, s/he will be better able to work with your child.

**8. Calmly discuss any concerns you may have about your child's Big with your child' Big.** Has your child picked up an expression you don't like? Are they spending more money than you can afford? Are they returning from outings too late? If you don't make your child's Big aware of such concerns, s/he may not realize that you are displeased. If a discussion fails to bring about the appropriate changes, please contact the Ada Friends Staff.

**9. Provide as much feedback as possible during your monthly check-ins!** This will help the Ada Friends Coordinators know where we can improve and help us, help you with Big- Lil communication!