



## Parent-Teen Activity Series

### Tip of the Month

Working on a puzzle together may provide a family an opportunity to talk. Start slowly with a simpler puzzle then tackle more complex puzzles as you get more skilled. Set aside specific times to work on the puzzle or just work on it whenever you feel like it. Quietly working on the puzzle by yourself may attract other family members to eventually join in. Sitting together in a casual setting may provide a comfortable environment where quality communication about important family matters can emerge.



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