

In-Car Guidelines for Parents

PARENTS

The following In-Car Guidelines are designed to help you supervise your teen's behind-the-wheel driving practice sessions.

Before you start:

- Read through the lesson. Discuss with your teen the route you'll take, the skills you'll work on, and the goals for the lesson.
- Ask your teen to explain how to perform the skills he or she will be practicing.
- Adjust the vanity mirror on the passenger sun visor so you can use it as a rearview mirror. Also adjust the right outside mirror for your use while your teen is driving.

While your teen is driving:

- Give simple and clear directions, such as "brake," "slow," and "cover" (lightly cover the brake with your foot, preparing to stop).
- Give all directions well in advance of the maneuver.
- Use a calm tone of voice.
- Watch your teen's arms – if they are not relaxed, the situation may be too hard for your teen to handle, or he or she may be getting fatigued.
- Give praise when praise is due.

If your teen does something incorrectly:

- Ask him or her to safely move the car off the road and discuss the mistake calmly.

After the practice session:

- Evaluate the session together.
- Give your teen a chance to point out his or her mistakes before you do.
- Praise your teen for what he or she did correctly and mention how to improve.
- Record your session in the Driving Log ([download](#)).

Let the driver speak. Encourage your teen to talk about what he or she sees and plans to do while driving. This makes it much easier for you to know if your teen is observing and thinking ahead like a good driver.