

Summer jobs give kids more than a paycheck

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Summer jobs can give teens valuable life experience that help them transition to adulthood—not just a paycheck, according to the American Academy of Pediatrics.

Benefits of [summer jobs](#) include:

- **Career exploration:** Summer jobs and internships help [high school students](#) explore different careers that might interest them. They also provide opportunities to network and find future mentors.
- **Financial independence:** Teens learn financial skills such as budgeting and money management.
- **Time management:** Teens learn to manage their time, set deadlines and be accountable.
- **Communication skills:** Teens learn how to interact with their supervisors, customers and colleagues.
- **Work ethic:** Teens learn values such as teamwork, respect and responsibility.
- **Self-confidence:** Working in the real-world boosts [self-esteem](#) and self-confidence.

When looking for a summer job, suggest that your teen consider these factors:

- **Is it a good fit?** Look for jobs that align with your interests and skills.
- **Is it flexible?** Summer jobs should be flexible to accommodate a teen's schedule.
- **Is there time for family fun?** Teens will need to take family vacation plans into account.

Teens should consider their priorities and achieve a balance between work and other commitments.

More information: For more about the benefits of a summer job, visit

[Kids Health](#).

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