

Dear John,

Thank you for your email. I understand why you are so worried about your brother David. I am afraid that David's main problem is lack of self-discipline. This is a common problem among teenagers, certainly. I understand your feelings and sympathize with them. I can offer you some solutions to help.

First, David goes to bed very late and doesn't get enough sleep. He is often on the phone chatting to friends. I think you could make a timetable for him to control him when he must sleep. If he just chats with his friends, you may ban him using the phone or control his computer usage to help him sleep early.

The second problem is that David always eats junk food and does not do exercise. I suggest he can do exercise regularly every Saturday or Sunday morning for about one to two hours. Related to his eating junk food problem, you can buy healthier food like fruits, vegetables, breads, milk and orange juice .etc. you should throw all unhealthy food away and reduce his pocket money.

The third problem is bad academic result and teachers say he sleeps in the class. I suggest you encourage him study more and more exercise. You also can do a revision with him to help him remember the things if he keeps sleeping in the class, control him when he should sleep or give punishment.

Related to refusing to talk problem, you may talk him by using Whatsapp, WeChat or Facebook to help him and influence him.

If you want to discuss any of these issues further, don't hesitate to call me.

Yours,
Robert