

PARENTS: the Anti-Drug

Tips & Ideas to help you make a difference

START EARLY:

- ☀ The foundations for all healthy habits – eating nutritiously, understanding misuse of medications, handling emotions, developing social skills – are laid down in the preschool years. Therefore, to have the strongest impact on you child, you need to start when he or she is that young.

CONNECT BY TALKING WITH YOUR KIDS:

- ☀ Talk to your kids early about drugs and talk to them often. Discuss the negative consequences of alcohol and drug use and make sure they know how strongly you feel about their welfare.

SET AN EXAMPLE:

- ☀ Be a living, day-to-day example of your positive value system by using television reports, anti-drug commercials, news of school discussions about drugs to help you introduce the subject in a natural, unforced way.

GET INVOLVED:

- ☀ Try to be there after school when your child gets home. The “danger zone” for drug use time is between 4 and 6 pm, when no one is around; arrange flexible time at work if you possibly can. If your child will be with friends, ideally they should have adult supervision, not just an older sibling.

SET LIMITS:

- ☀ Set limits and enforce them; make clear to your child that alcohol and other drugs use are not allowed.

TAKE AN ACTIVE INTEREST:

- ☀ Listen to the cares and concerns of your children. Know what they are up to – what parties they are going to, with whom, and what will be served or available.

EDUCATE YOURSELF, AS WELL AS YOUR CHILDREN:

- ☀ To educate your child about the dangers of alcohol and drugs, you need to educate yourself first. In many cases, you and your child can learn side by side.
Website sources for parents; www.theantidrug.com and www.niaaa.nih.gov.
Website sources for youth; www.thecoolspot.com and www.freevibe.com.

BE AWARE:

- ☀ Look for the warning signs that your child may be developing alcohol or substance abuse problem and get help before the problem occurs. Your pediatrician and school counselors can help.

Source: National Institute of Health, U.S. Department of Health and Human Services,
www.samhsa.gov