1. **TALK WITH YOUR CHILD ABOUT ALCOHOL**

Parents can intervene to help change mistaken ideas their children may have obtained from peers and the media – such as “everybody drinks.”

2. **REALLY LISTEN TO YOUR CHILD**

Children are more likely to communicate when they receive positive verbal and nonverbal cues that show their parents are listening.

3. **HELP YOUR CHILD FEEL GOOD ABOUT HIMSELF/HERSELF**

Self-regard is enhanced when parents praise efforts, as well as accomplishments, and when they correct by criticizing the action rather than the child.

4. **HELP YOUR CHILD DEVELOP STRONG VALUES**

A strong value system can give children the courage to make decisions based on facts and information instead of pressure from friends.

5. **BE A GOOD ROLE MODEL**

Parents’ drinking habits and attitudes strongly influence their children’s perceptions about alcohol.

6. **HELP YOUR CHILD DEAL WITH PEER PRESSURE**

Children who have been taught to be gentle and loving may need parental “permission” to assertively say “no” to negative peer pressure.

7. **MAKE FAMILY POLICIES THAT HELP YOUR CHILD SAY “NO”**

It’s necessary that parents verbalize specific family rules against alcohol use by minors and the consequences of breaking those rules.

8. **ENCOURAGE HEALTHY, CREATIVE ACTIVITIES**

Hobbies, school events, and other activities may prevent children from experimenting with alcohol, tobacco, or other drugs out of boredom.

9. **TEAM UP WITH OTHER PARENTS**

When parents join together, they can take steps that will reinforce the guidance they provide at home.

10. **KNOW WHAT TO DO IF YOU SUSPECT A PROBLEM**

Parents can learn to recognize the telltale signs of alcohol experimentation and misuse.

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For help or information, call NCADA at 314.962.3456 or visit ncada-stl.org