

10 Steps Towards Healthier Kids



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.

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

 @ncada_stl  ncada-stl

NCADA
9355 Olive Blvd.
St. Louis, MO 63132

FRANKLIN COUNTY OFFICE
3033 Highway A
Suite 102
Washington, MO 63090

