

## keeping your child away from alcohol

- 1 Keep your supply under lock and key.** Notice fewer beers in the fridge? Liquor taste watered-down? Half of ninth graders say they get alcohol from their parents or another adult. Keep your supply in a locked cabinet or beer in a separate locked refrigerator. It's the best way to be sure your child isn't tempted.
- 2 Connect with other parents.** . . . And, know your child's friends. Knowing the parents makes it easier to call and make sure that alcohol isn't available, that parties are supervised. You're likely to find that these adults share your concerns.

**Always know**   your child has a driver's license

Don't drink alcohol until they are 21, stay at teen parties where alcohol is served, and will not ride in a car with a driver who has been drinking,

Especially right after school, summer, weekends and holidays. Bored teens are more likely to make risky choices. Talk to them. Discover their passion and support it by enrolling them in training, sports, school or church activities, Id-? Spend

Taking time for family and doing things that your child enjoys sends the most powerful message—you love your child and want to build a relationship. It makes setting limits and enforcing consequences less stressful.

**Listen. Check in often.** Show your children that you care by really paying attention when they talk. Put everything aside. Focus on what they are saying. Show interest in what they care about. Don't wait for them to come to you.

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