

FACE to FACE

Addressing Alcohol

During the Elementary Years



What can you do now?

It may seem premature to talk about alcohol with your elementary aged children, but the attitudes and habits formed in this phase of life have an important bearing on the decisions they will make when they're older.

FACT:

Nearly 25% of Bloomington-Normal students begin experimenting with alcohol in junior high school.

You Matter!

Parents have the greatest impact on whether or not their children will drink alcohol. Listen well. Be honest. Be open. Help your kids explore ways to express their feelings. Work through problems with your children and help them understand the consequences of their actions.

Need more help?

Find out more at www.bnparents.org



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- ➔ Set aside regular times when you can give your children your full attention. Talk about their likes and dislikes; let them know you love them; emphasize their self-worth. Building strong bonds of trust and affection will help them be resilient in the years to come!
- ➔ Praise your children for taking good care of their bodies and avoiding things that might harm them.
- ➔ Explain why adults may drink alcohol but children may not, even in small amounts-it's harmful to children's developing brains and bodies.
- ➔ Talk to your child about the dangers and side effects of alcohol. Explain that alcohol is different than food and other drinks. Let your child know that people who drink too much alcohol get sick and throw up. Explain that too much alcohol can make some people stressed, angry, and violent.
- ➔ Watch TV with your kids. When alcohol or drugs is brought up, ask them what they know and feel about alcohol.
- ➔ Set clear rules. Make sure your child knows your expectations and the consequences.
- ➔ Be a role model. If you drink alcohol, be mindful of the message you are sending to your children. Do not involve your children in adult behaviors, such as touching or sipping alcohol.
- ➔ Get to know your children's friends. Make sure their friend's parents have similar values and convey the same messages you give your children.

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