

# 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 abuse.



For help or information, call NCADA at 314.962.3456 or visit [ncada-stl.org](http://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

