

PREVENTING ALCOHOL AND OTHER DRUG USE: IDEAS FOR PARENTS

The following ideas were given by parent - for parents. Please keep in mind that this information is not intended to scare you, but to provide awareness to parents. These are only suggestions of prevention ideas and they may not apply to all kids or situations.

- BE IN YOUR CHILD'S BUSINESS 24 HOURS A DAY! Talk to your child about what they do, where they are going, who they are going with, what's going on there, parents present?????
- Discuss your expectations, rules, and consequences....ALWAYS FOLLOW THROUGH!
- Know the parents of your child's friends
- Call the parents at the home where your child is going
- Drop your child off at the home, walk them to the door, talk to the parents
- Greet your child when they return home....smell their breath, check their eyes, watch them walk
- Keep your liquor and/or medication (over the counter or prescribed) in a locked location or in a place where you can closely monitor it....you given them any meds they need
- When your child has friends to the house....take their jackets from them and place them in your room...let them know that if they leave they can't come back (no walks, runs to the store, etc)
- Do not allow your child to have locks on their bedroom door or on any of their drawers
- Monitor ALL internet use by your child and/or their friends...set expectations and limits
- Monitor how much money they have and what it is spent on....if they have a job, make sure to have a certain amount put into a savings account
- Keep in contact with the school, follow up on any change in behavior, school performance, or change in friends
- If you are suspicious for any reason, check your child's pockets, drawers, backpack, car, etc.
- Always enforce curfew laws
- Write checks out directly to the receiving party (especially luck money account) rather than giving cash. Keep track of how fast your child goes through the money in their account....kids burn lunches for kids for cash
- Be aware of where your cash, checks and credit cards are at all times
- If contacted by the school with chemical concerns about your child....be open to what they say, work with them, know they're only trying to help keep your child be safe and drug free.