

# Raising Healthy Kids

Summer 2020

Be a Good  
Role Model

## BE A GOOD ROLE MODEL

### Tips for modeling responsible drinking

Parents are important role models for their children, even during adolescence. Your attitude towards alcohol, what you drink, how much, when and where you drink are all a major influence on whether or how your adolescent will drink in the future. This influence begins at a very early age. Warning your adolescent about the dangers of drinking will not be effective if you do not set a good example yourself.

If you drink, you should model responsible drinking by establishing and following your own rules for drinking responsibly.



#### Tips for modeling responsible drinking:

- Limit your alcohol use, especially in front of your children/teen
- Do not get drunk, especially in front of your children/teen
- Sometimes decline the offer of alcohol
- Provide nonalcoholic beverages if making alcohol available to guest
- Never drink and drive
- Do not let other adults drive after they have been drinking
- Do not convey to your children/teen the idea that alcohol is fun or glamorous through stories about your own or others' drinking
- Do not portray alcohol or marijuana as a good way to deal with stress, such as saying, "I've had a bad day. I need a drink or a joint."

# WHEN DO KIDS START EXPERIMENTING?

Yikes ! Much sooner than you think !! Studies show kids start experimenting with drugs and alcohol as early as 4th and 5th grade. The American Academy of Pediatrics recommends talking about the dangers of alcohol at 9 years of age. It often takes two years to discover a child's drug habit, which means your child could actually become addicted before starting high school.

## BE CAUTIOUS OF SOCIAL HOSTING

**IF PEOPLE UNDER AGE 21 DRINK ALCOHOL ON YOUR PROPERTY, IT COULD COST YOU MUCH MORE.**

Social Hosting refers to adults who knowingly or unknowingly host underage drinking parties on their property, regardless who supplies the booze. It's all about the property that the crime is being committed on.

- **Fines** up to \$1,000, if convicted.
- **Imprisonment** up to six months, if convicted.
- Possible **civil lawsuit** against the host if a person is injured or killed by guest.
- Increased chance of risky teen behavior that could result in serious injury, risky sexual activity, or worse.
- Possibility of **criminal or juvenile record** that may jeopardize a young person's future for college application/financial aid, job or joining military.

# TIPS TO MANAGE STRESS:

- Keep a positive attitude. Smile and laugh.
- Seek out social support. Spend enough time with those you enjoy.
- Accept that there are events that you cannot control.
- Be assertive instead of aggressive. Assert your feelings, opinions, or beliefs instead of becoming angry, defensive, or passive
- Accept anxiety as one of your emotions. Be kind. Give yourself permission to be human.
- Even 5 minutes enjoying the fresh air can lower anxiety and blood pressure.
- Make time for hobbies, interests, and relaxation.
- Get enough rest and [sleep](#). Your body needs time to recover from stressful events.
- [Exercise](#) regularly. Your body can fight stress better when it is fit.
- Eat healthy, well-balanced meals.
- Learn and practice relaxation techniques; try [meditation](#), [yoga](#), or tai-chi for [stress management](#).
- Learn to manage your time more effectively.
- Say no to requests that would create excessive stress in your life.
- Seek treatment with a [psychologist](#) or other [mental health](#) professional trained in [stress management](#) or [biofeedback](#) techniques to learn healthy ways of dealing with the stress in your life.

## Know the Five Signs



Personality Change    Agitated    Withdrawn    Poor Self-Care    Hopelessness

*If you or someone is in emotional pain and needs help,*  
**CALL 401- 414-LINK (5465)**

## Healthy Habits of Emotional Well-being



Take Care    Check In    Engage    Relax    Know

the campaign to  
**changedirection.**

Tri-County Community Action Agency  
Southern Providence County  
Regional Coalition  
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# BE THE KIND OF PARENT YOUR CHILD CHOOSES TO TALK WITH



It is the parent's job to keep young people safe by setting clear and appropriate boundaries. The parent must be the voice in their heads helping them maintain good judgement. You have to parent in ways that make your children want to share their experiences.

## **Communication Strategies:**

**Control your reactions** – When parents serve as sounding boards- listening deeply and offering guidance when asked – young people learn to bounce ideas off their parents. Try your best not to overreact, they will stop telling.

**Watch your tone of voice** - it's important to speak in a calm, relaxed voice so that you don't push your teen away.

**Be a Good Listener** – Good listening is respectful. Listening and then reflecting on what you heard can help teens become aware of their own wisdom. Listening without judgement creates a zone of safety.

**React Little** – Reacting to what they say shuts down communication. When you quickly judge, share your concerns, or make accusations, teens stop talking. When you try to solve their problems, they stop sharing. Non Reaction is it.

**Turn off the Parent Alarm** – The parent alarm screams “my child is in trouble” and make parents jump to the rescue before the sentence is completed. Don't try to rescue your teen by controlling them.

**Avoid Over Empathizing** – When a parent over empathizes, and takes on their children's pain as their own, they prevent further sharing .

**Talk about your own memories** - This can help you and your child relate to each other better.

**Show your love** - Physical connection can play an important role, too. Put a hand on your teen's shoulder or give him a hug when it feels right.

**Give lots of praise and positive feedback. Teens need to hear the “good stuff” just like the rest of us.**

Adolescents still have a desire to please their parents. However, they are sensitive to parent's reactions and may stop talking to spare your feelings. They also may shut down if they sense you are trying to control them. On the other hand, they crave your guidance. When your feedback is about helping them shape their own ideas, they will gain resilience and share more often.

# SUMMER ACTIVITY ALTERNATIVES DURING COVID-19 LIMITATIONS

| If you can't ...                                       | Try This Instead   |
|--|--|
| If you can't go to an <b>amusement park</b>            | <ul style="list-style-type: none"> <li>• Check out the virtual Disney rides that are now on YouTube</li> </ul>   |
| If you can't go away to a <b>vacation or camping</b>   | <ul style="list-style-type: none"> <li>• You can set up a tent and create your own special destination with a staycation</li> <li>• Or have a fire (if permitted) and toast marshmallows in the backyard</li> <li>• Or have a themed tropical dinner at home</li> </ul>  |
| If you can't go to the <b>beach</b>                    | <ul style="list-style-type: none"> <li>• Turn on the backyard sprinkler to cool off and enjoy the sun</li> </ul>   |
| If you can't go to <b>water parks</b>                  | <ul style="list-style-type: none"> <li>• Create your own slip and slide with a roll of thick plastic, garden stakes, a hose and some dish soap or have a water balloon fight.</li> </ul>   |
| If you can't go to the <b>playground</b>               | <ul style="list-style-type: none"> <li>• Build an indoor or outdoor obstacle course at home using items you already have in your house.</li> </ul>   |
| If you can't head to the <b>movie theater</b>          | <ul style="list-style-type: none"> <li>• Set up a projector, white sheet, and soundbar and relax while you chow down on some popcorn.</li> <li>• Or go to the drive in! Bring your own snacks and relax in the comfort of your own car.</li> </ul>   |
| If you can't attend a baseball game                    | <ul style="list-style-type: none"> <li>• Set up a game of pickle with a couple friends in the neighborhood.</li> <li>• If not close contact <b>sports</b> then play frisbee or fly a kite.</li> <li>• If you can't go to a (soccer, dance, or basketball) camp, find some free lessons online.</li> </ul>  |
| If you can't go to soccer, dance, or basketball        | Find some free lessons online, some are from famous dancers and sports star.   |
| If you can't go to a <b>concert</b>                    | <ul style="list-style-type: none"> <li>• Make a playlist of your favorite songs, set up speakers and create a backyard music dance party to virtually share with friends.</li> <li>• Or pick your favorite artist and play youtube videos of them performing live in a backyard</li> </ul>   |
| If you can't go to the <b>art museum</b>               | <ul style="list-style-type: none"> <li>• Create your own <b>jackson pollack</b> splatter painting in your back yard.</li> </ul>  |
| If you can't head to the <b>science museum</b>         | <ul style="list-style-type: none"> <li>• Find some experiments you can try at home and have some fun trying them.</li> </ul>   |
| If you can't go to the <b>gym</b> for your cycle class | <ul style="list-style-type: none"> <li>• Hop on a bike and find a loop in the neighborhood to get in some miles.</li> <li>• Or look online for a workout class from your local gym and do one (or a few) each day to stay in your routine.</li> </ul>  |
| If no <b>restaurant dining</b>                         | <ul style="list-style-type: none"> <li>• Plan a cook out with your family</li> </ul>   |
| If you can't meet your friends for <b>ice cream</b>    | <ul style="list-style-type: none"> <li>• Make some homemade frozen treats and deliver them to people or depending on your neighborhood, set up a stand and sell lemonade.</li> </ul>   |
| If no graduation                                       | <ul style="list-style-type: none"> <li>• Ask your child to share their favorite memories from school and what they are looking forward to in the next stage of their life. It can be for the people they share a home with, or done live via zoom, or a video can be posted.</li> <li>• Instead of a commencement speaker, find an inspiring speaker in a podcast or Ted Talk to listen to.</li> <li>• Using your child's name, create a hashtag and ask friends and family to post memorable pictures of your graduate</li> </ul> |



## 250+ WAYS TO KEEP YOUR FAMILY SANE DURING COVID-19 CRISIS

Stuck at home with your kids during the Coronavirus pandemic?

[KidsOutAndAbout.com](http://KidsOutAndAbout.com) provides over 250 ideas for making the most of your time together and avoid driving each other crazy.



[www.spcregionalpreventioncoalition.org](http://www.spcregionalpreventioncoalition.org)



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SPCR is a federally funded organization providing mental health promotion and substance use prevention.