

Helping Schools

helping parents

Parenting is a lot like being on a road trip. It can be fun to experience new places with your growing child, but it can also be challenging. Parents often wonder about the best way to protect their children when it comes to issues like alcohol and other drugs.

Here are 10 important steps parents can take to help their children (and their families) navigate life successfully (including avoiding harm from alcohol and other drugs):

- ☐ **Stay connected**—young people who know they’re loved have a stronger sense of self-worth
- ☐ **Have fun** and focus on building a positive relationship
- ☐ **Show your child you believe in them** by supporting their interests and encouraging them to pursue their passions
- ☐ **Encourage your teen to problem solve**—solving their own issues helps build their self-esteem
- ☐ **Resist the urge to know everything**—they’re growing up and need some ‘space’ to find their own meaning of things
- ☐ **Maintain clear, consistent expectations**—they’re a great way to show your love—and involve your teen in the process
- ☐ **Recognize we all make mistakes** and use them as opportunities to learn
- ☐ **Expect to be challenged** and pick your “battles” wisely—be respectful and prepared to negotiate on some things (e.g., hair colour) but stick to your expectations on matters related to alcohol or other drug use
- ☐ **Be available**—by encouraging open and regular communication, you’re showing your child their thoughts and concerns matter
- ☐ **Be a positive role model** – part of being a parent is modelling healthy behaviours and attitudes

Additional Resources for Parents:

The Road Ahead: A Guidebook for Parents of Young Teens about Alcohol and Other Drugs is a resource for parents of young teens about alcohol and other drugs. Check it out at:

http://www.heretohelp.bc.ca/sites/default/files/images/The_Road_Ahead_2007.pdf.

- BC Partners for Mental Health and Addictions: www.heretohelp.bc.ca
- Centre for Addictions Research of BC: www.carbc.ca
- BC Council for Families: www.bccf.bc.ca
- Alcohol & Drug Information & Referral Service: 1-800-663-1441 (Lower Mainland: (604) 660-9382)



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