

10 Easy Steps to Help Your Child Say "NO!"

- 1. Talk with your child about alcohol and other drugs.** You can help change ideas your child may have about alcohol and other drugs.
- 2. Learn to listen to your child.** Your child is most likely to talk to you when you give verbal and nonverbal cues that show you are listening.
- 3. Help your child feel good about him/herself.** Praise efforts and accomplishments. Correct by criticizing the action rather than the child.
- 4. Help your child develop strong values.** A strong value system can give your child the courage to say "No" rather than listen to a friend.
- 5. Be a good role model or example.** Your habits and attitudes may strongly influence your child's ideas about alcohol, tobacco, and other drugs.
- 6. Help your child deal with peer pressure.** A child who has been taught to be gentle and loving may need your "permission" to say "No" to negative peer pressure.
- 7. Make family rules.** Make specific family rules about your child not using alcohol, drugs or smoking cigarettes. Tell your child the punishment for using them.
- 8. Encourage healthy, creative activities.** Hobbies, school events, and other activities may prevent your child from using substances out of boredom.
- 9. Team up with other parents.** You can join other parents in support groups that will reinforce the guidance you provide at home.
- 10. Know what to do if you suspect a problem.** Learn to recognize the telltale signs of alcohol, tobacco, and other drug use and get help.

