

PARENTING TIPS

What can parents do to keep their kids safe?

Set clear concise rules and consequences. Follow through and be consistent!

- * Set curfews and have clear consequences for breaking the rules.
- * Sign and follow the principals of the Party Line Pledge available through GLAD (Glastonbury Alcohol and Drug Council).
- * Get to know your child's friends and their parents. Parents can provide a necessary support network for you and your child.
- * Base drug and alcohol messages on facts, not fear.
- * Educate yourself on facts and current trends.
- * Information is available from the Glastonbury Police Department Youth Unit (860)652-4280, the Substance Abuse Prevention Coordinator (860)652-7531 or online at: www.TheAntiDrug.com
- * Look at the facts and circumstances, don't just blindly trust
- * Provide routine household chores for your children, this will help teach responsibility
- * Listen and keep lines of communication open. If you need to, delay the discussion until you are calm
- * Always call the host parent of a party that your teenager is invited to. Ask if they will be present, make sure that there will not be alcohol or other drugs allowed
- * Serve as a positive role model. Teens imitate and are influenced by adult actions and behaviors. If you use alcohol, drink responsibly and in moderation. Don't drink and drive
- * The most important job you will ever have is to be a parent. Your child needs you to set rules and limits
- * Eat Dinner together

Link to Connecticut Clearinghouse, a resource center for information about health issues. www.ctclearinghouse.org

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