

# Parenting Tips

## Proven Ways to Help Your Child Stay Away from Substances

1. Be a good role model by not using alcohol or drugs.
2. Be positive with your child. Praise appropriate behaviour. Decrease blaming and “put downs.”
3. Monitor your child’s behaviour and whereabouts. Know what he/she is doing and who he/she is with.
4. Get involved in your child’s life outside the home. Encourage and promote social and recreational activities.

## “3” Three Steps to Better Communication

- 1 Understanding Statement
- 2 Partial Responsibility Statement  
(Shared role in creating or solving specific problem)
- 3 Offer to Help