

# You are the #1 influence in your child's life.



## Take the LEAD.

### Listen to...

- Their questions, stories and interests without interruption.
- Who their friends and their parents are.
- What pressures they are feeling.

### Educate about...

- Consequences of underage drinking (both legal and your own family rules).
- Your expectations by communicating and being a role model.

### Ask...

- What they enjoy doing and make plans to spend time together.
- What they are doing.
- Where they are going.
- Who they are going with.
- What they think or feel.

### Discuss...

- Your family values.
- How to handle peer pressure.
- How proud you are of their good decisions/accomplishments.
- Healthy choices.
- Ways and reasons to refuse drugs and alcohol.
- Rules, expectations and consequences.

# Keep talking



## Get the conversation started. Ask these questions while you wait.

What three words best describe you?

What was the nicest thing you did for someone today?

If you could be on any television show, what would it be?

What is the best compliment you've ever received?

What is your favorite time of day?

What is one thing you couldn't live with out?

What makes a good friend?

# Take the one-week parent challenge



## ☑ Day 1

Share with your child your favorite activity when you were their age.

## ☑ Day 2

Cook your child's favorite food together.

## ☑ Day 3

Laugh with your child.

## ☑ Day 4

Go the whole day without raising your voice.

## ☑ Day 5

How do you want your child to remember you? Be that parent.

## ☑ Day 6

Share with your child what you appreciate about them.

## ☑ Day 7

Teach your child a new word and see who can use it the most.