

You can't PREVENT
 what you don't know!

A WESTCHESTER VIRTUAL SPEAKER SERIES

THE GIFT OF FAILURE: PARENTING AND WELLNESS

“TIP” JAR

TAKE-AWAYS - INFORMATION - PROMPTS

Start with Yourself

- Consider your own habits and attitudes about alcohol and drugs
- Communicate verbally - and in practice - to your kids
- Model healthy behaviors
- Don't lecture

Talk Early/Talk Often

- Substance use prevention starts in early childhood with conversations about health and safety; let the conversation mature and develop with your child
- Difficult conversations become less difficult the more you have them
- Create a family environment where it's safe to ask questions and raise concerns
- Allow your children to learn how to take on challenges
- Stand back and let your children learn through their mistakes
- The older a person is when they initiate substance use, the more time their brain has had to mature and the lower the risk of developing a substance use disorder

Learn More! Check Out Jessica Lahey's Books:

The Gift of Failure: How the Best Parents Learn to Let Go So Their Children Can Succeed

The Addiction Inoculation: Raising Healthy Kids in a Culture of Dependence

Connect With Your Local Coalition!

Inoculate

- Give teens facts about use rates and the ways drugs and alcohol affect their brains and bodies
- Help them build refusal skills
- Prepare kids to say, "No thanks, I'm good"
- Provide them with counterarguments to shore up their defenses against peer pressure
- Believe in your children and make sure they know it

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