S.M.A.R.T. TIPS — FOR PARENTS

*Underage drinking can ruin the things you want for your child - health, happiness, safety, success. Sometimes, the coolest thing you can do for your teen is to **Be a Parent**.*

BE A PARENT — NOT A FRIEND

- **S**et limits with expectations and consequences for breaking them.
- **M**essages — be consistent and use a clear, no-use message. Don't assume your child knows where you stand.
- **A**wareness — know where your kids are, who they are with, what they are doing and when they will be home.
- **R**esources — parenting can be lonely — network with others.
- **T**ake time to talk! Talk early. Talk often. And listen.

- Take advantage of small talks at teachable moments.
- Adolescents who begin drinking before age 15 are more likely to develop alcohol-related problems.
- Know your child's friends and parents. Ask whether adults will be home to enforce no-use message.
- Set a curfew and stick to it!
- Be a parent — not a host. Don't supply alcohol to your teen or anyone under age 21.
- Report underage drinking.

Nationwide Children's
Dublin ACTCoalition
This information was made possible by the Dublin ACT Coalition in partnership with Nationwide Children's Hospital.