



## Drug Education Begins at Home: It's Everyone's Responsibility

### Help Your Children Understand Safe Use of Medication

It's important for even very young children to begin to understand and recognize basic information about prescription and over-the-counter medicine. Sometimes we forget about the potential dangers of medicine such as cough syrup, aspirin or even vitamins. Practice safe storage of all potentially harmful products within the home and assist your children in understanding safe use of medication, vitamins and other products.



### Helpful approaches for you to consider:

- Medicine is not candy.
- Even a little too much medicine can hurt you.
- Never use someone's else's medicine.
- We use medicine only when we really need it.

*Young children need to learn that it is not okay for them to take any kind of medicine on their own or without adult supervision.*

### Talk To Your Children About Alcohol

Alcohol is a legal and socially accepted drug in our society. Our own attitudes influence our children's view of alcohol, especially at an early age. It is really important to help children understand and recognize your family values and rules about alcohol use.

### Worth considering:

Imagine your children watching you and others drinking. How do they see you using alcohol?

- Do they see you unwind after work with a drink?
- Do all your social events and celebrations include alcohol?
- Do you ever ask your children to bring a drink to you?

Your use of alcohol may contribute to your children's decisions regarding alcohol use.



### Help Your Children Feel Good About Themselves!

Children need a good sense of self-esteem, appropriate information and a sense of personal responsibility in order to make good decisions for themselves now and in the future. It is our job as parents and community members to help children to be the best they can be!

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