



Your Actions Speak Louder than Words

What are your actions telling your child about alcohol and other drugs?

Kids are constantly watching and imitating their parents, picking up their habits and beliefs both good and bad. It can be confusing for a child when parents' actions don't match their words. While it is important to talk to your kids and set expectations about alcohol and other drugs, it is essential to set a good example for them.

What kind of example are you setting?



- Do you drink alcohol every day?
- Has your child ever seen you drunk?
- Do you always drink when you celebrate something important?
- Do you think it's cool or funny to get drunk?
- Do you ever drink and drive?
- Do you smoke cigarettes?
- Do you ever talk about "needing" or "craving" a cigarette?
- Do you smoke marijuana?
- Do you take sleeping pills often?

If you answered "yes" to any of these questions, it may be time to think about making a change. It is important to think about the messages you send. If you do use alcohol or prescription drugs, be sure to use them in a safe manner that will set a good example for your child.

Don't just be a role model - be a 'good' role model!

- If you choose to drink, follow the Low-Risk Drinking Guidelines (no more than 2 standard drinks a day, with a weekly limit of 9 for women and 14 for men)*
- Talk to your child about what you feel is appropriate when it comes to alcohol use. Discuss why some people choose to drink, with whom and under what circumstances. Be sure to highlight both the positive and negative reasons (e.g., for religious reasons, to celebrate, to relax, because others around are doing it, because they are bored, to cope with certain situations, etc.)
- Know your own limits and stick to them, especially around your child
- Avoid smoking in front of your child and/or talking about cigarette cravings
- Explain why some people take prescription drugs and emphasize the importance of using prescriptions only as directed by a doctor
- Show that you can have a good time without the use of alcohol or other drugs

If you feel your substance use may be a problem, contact Addiction Services @ 519-428-1805 or 905-318-5365 or 905-774-3333 for support and referral to a substance abuse counsellor.

*For more information on the Low Risk Drinking Guidelines visit <http://www.lrdg.net>

Updated December 2011



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