

DRUGS

10 Steps to help your child



1 Help your child feel good about himself or herself. Praise your child when he or she does something good.

2 Help your child develop strong values. A strong value system can give children courage to make right decisions.

3 Be a good role model or example yourself. Parents' habits and attitudes may strongly influence the children's choices.

4 Talk with your child about alcohol and other drugs. Parents can help change what their friends and the media might say.

5 Learn to really listen to your child. Children will listen to you when they know you care and are listening to them.

6 Help your child deal with negative pressure. Encouragement and support enhances their ability to resist pressure.

7 Make firm family rules to help your child. It is helpful when parents have rules and guidelines for behaviour at home such as no drugs, alcohol or smoking, ever.

8 Encourage healthy creative activities. Hobbies, school events and activities can help prevent boredom.

9 Team up with other parents. Parents can support each other on drugs issues and enforce what they do at home.

10 Talk with your child if you suspect a problem. If necessary seek professional help from a clinic or doctor.