

December 2015

# Needham Parents Care

## PARENT TIP OF THE MONTH:

### IT'S NOT TOO EARLY

It's not too early to talk about drinking. Some kids may try alcohol as early as 9 years old.<sup>1</sup>

### SAY SOMETHING

What you say to your child about alcohol is up to you.

But remember, parents who do not discourage underage drinking may have an indirect influence on their children's alcohol use.<sup>3</sup>

~ Be a positive role model ~

### Contact us:

Needhamparentscare

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## Who We Are

Welcome to the inaugural edition of Needham Parents Care! We invite you to read on to learn about who we are and why we have landed in your mailbox. Our hope is that you will find this email a valuable investment of your time and attention.

We are parents, just like you. We are your neighbors, parents of children from Kindergarten through high school. Earlier this Spring, the Needham Coalition for Youth Substance Abuse Prevention (NCYSAP) brought us together to discuss what Needham is doing to keep kids safe and healthy, particularly as it relates to underage substance use of alcohol and drugs.

From those discussions, we agreed that parents are the most powerful influence on our children's behavior.

The idea grew that parents can empower other parents. We will talk to children about alcohol and drugs and work together to create a healthy environment for our children.

Our group developed a **vision:** Needham is a cohesive community that supports all of our youth to grow and develop to be substance free and healthy in mind, body and spirit.

Our **goal** is to provide easy-to-use prevention strategies for parents of youth in grades K through 6. We will provide monthly emails to the parents of elementary

through middle school aged children and plan to include:

- \* Parent tips
- \* Evidenced-based information
- \* Helpful links to access additional information

For example, here is a 10-step guide for talking to your middle schooler about substance use:

<http://files.hria.org/files/SA1020.pdf>



## What You Can Do

Read and let us know what you think!

Spread the word – forward our emails to others.

Start the conversation with your children and among other parents.

For additional information on this topic go to:

[www.samhsa.gov/underage-drinking](http://www.samhsa.gov/underage-drinking)

### AS FOR THAT PARENT TIP:

**IT'S NOT TOO EARLY. SAY SOMETHING!**

Most 6 year-olds know that alcohol is only for adults. Between the ages of 9 and 13, kids start to view alcohol positively. Many begin to think underage drinking is OK. Some even start to experiment.<sup>2</sup>

Be a positive role model!

### References

1,2 U.S. Department of Health and Human Services, Office of Surgeon General, 2007.

3 Sieving, R.E. *Journal of Research on Adolescence*, 10(4), 489-514.

