
Parenting Points

Learning Outcome:

- To look at a few strategies that might help your child manage drug issues and consider what, if any, might be suitable.

Equipment:

- Parenting Points Sheet

Instructions:

- Print off the Parenting Points Sheet (or use it on your computer, if you can't print it off).
- Go through the various strategies on the sheet – they are all possible strategies you might use to help your child manage and navigate the drugs issue.
- Think about your own child, children and family. What, in your opinion, would work for you? What wouldn't? Maybe put them into some kind of order of priority. (There is no correct answer for this – it is what you think might work for your family).
- Think about ways you might use some of these (realistically) in your family – remembering that the earlier you start the better. (Not that its ever too late to start!)

Parenting Points Sheet

Take time to enjoy yourselves without alcohol.

Do your children see you socialising, celebrating or relaxing without the use of a drug? Do you use alcohol-free options as a family sometimes? What role model are you giving your children?

Do things together.

Try to do things as a family that your children will enjoy. As far as possible, keep your promises. Plan things as a family and try to ensure they happen.

Build up self-worth in your children.

Encourage and help them develop their own interests and hobbies. Give them positive encouragement and praise. Try to avoid negative language.

Be there for your children.

Always be ready to listen to your children, so they can talk about their thoughts, feelings and emotions. Become informed, so you can help them work through issues without reacting unhelpfully.

Help your children develop decision-making skills.

Find ways to help your children develop the art of choosing for themselves. Encourage them when they make mistakes and help them develop the ability to know their own mind.

Supervision is important.

Give rules and boundaries that are there independent of the mood of you as parents. It helps your children if you try to stick to routines and regular meals. Give the children a restful start to the day and let them end the day in a good way together with adults. Give children peace and quiet for homework and help them when needed.