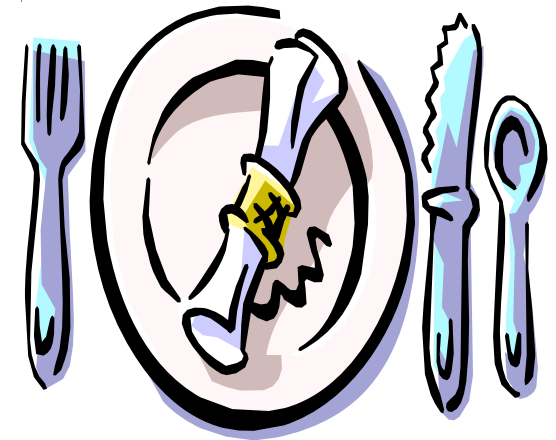


So much of the literature available to parents tells us what we should do to help raise alcohol, tobacco, and drug-free children.

What it doesn't tell us, is how we sometimes encourage drug use without even knowing it.

So here's a fun way to look at the things we're doing right, and a few of the things we may want to consider changing.

# Never Eat Together As A Family



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*(...and other ways we encourage our kids to use drugs)*

**1** Never eat together as a family.

*Translation: Eating together as a family encourages family bonding and good communication.*

**5** Solve all of their problems for them

*Translation: Allow kids to make their own decisions, but stay connected and support them.*

**9** Expect nothing less than A's on their report card.

*Translation: Each child excels at a different level and has different strengths and weaknesses. Stress to them the importance of working up to their potential.*

**2** Criticize your children in front of their friends.

*Translation: Pointing out their faults in front of their peers is not respectful. Think about how you'd feel if your boss criticized you in front of co-workers.*

**6** always tell them what they think

*Translation: Children come up with wonderful ideas and can be creative when we give them the opportunity.*

**10** When things go wrong, blame yourself.

*Translation: Sometimes, we can do everything right and our children will choose to use alcohol, tobacco and other drugs. It's important to remember we did our best and we can't control our children. What we can do is be good role models.*

**3** Never allow them to make mistakes.

*Translation: Sometimes our children learn from their mistakes. You sure learned to keep your gas tank full the first time you hit empty on the way to an important event.*

**7** Let them know who's boss. Answer their questions with, "Because I said so."

*Translation: When children actively participate in setting rules and consequences, they're more likely to follow through.*

**4** Try to point out all of your child's weaknesses.

*Translation: Our children will be more willing to cooperate and try new things if we encourage them and build on their strengths. Focus on what they are doing right.*

**8** Never trust them.

*Translation: If we never trust them, how can we expect them to trust us when we tell them important things like drugs can kill?*

**h a p p y  
p a r e n t i n g !**

*This information is provided by the Lincoln Council on Alcoholism and Drugs (LCAD). For 38 years, LCAD has been promoting an environment free of the abuse of alcohol, tobacco, and other drugs.*