



KEEP SHOWING UP.

They're still growing up.

Proven Parenting Practices

Ways to Discourage Your Teen from Underage Drinking

According to research, parental involvement in a teen's life can affect their choice not to drink alcohol while underage. Although teenagers may seem self-sufficient, it's still important for parents to play an active role in their life.

Parental involvement can include nurturance, monitoring, spending time together and parent-adolescent communication. These factors are important in a parent-child relationship. They may affect the influence parents have on their children.

Parental Nurturance

Parental nurturance comes down to emotional warmth and support. As a parent, you can show nurturance by speaking positively to your teen, encouraging their goals, and validating their feelings.

A study revealed that this type of parenting affects an underage teen's choice to drink. High parental nurturance is associated with delay in the initiation of alcohol use.

If your teen comes home in a bad mood because they did poorly on a test, don't dismiss their feelings. Instead, you can reassure them that a test score doesn't define their aptitude and that you're still proud of them.

Parental Monitoring

Parental monitoring includes the expectations parents have for their teen's behavior, the actions parents take to keep track of their teen and the ways parents respond when their teen breaks the rules.

Many teens want to feel heard, so a parent's willingness and ability to listen can go a long way. Listening is about two-way communication between you and your child. It doesn't mean your child necessarily gets the last word. When you speak, be aware of your body language and tone of voice. A defensive tone or folded arms can show anger or a reluctance to listen

Be a present parent. Show up for your child when they need you and make sure they know that you care for them.

Parental Monitoring

Parental monitoring involves keeping tabs on your teen and having an idea of how and where they're spending their time and who they may be spending it with. This parenting technique comes down to awareness, communication, concern, supervision, and tracking your teen's behavior.

You are practicing parental monitoring every time that you ask where your teen is going, check what's on their phone, or get to know the parents of your child's friends.

Parental monitoring proves to be one of the most substantial protective factors against teen alcohol use. Research shows that parental monitoring can minimize underage alcohol use, improve teens' ability to refuse alcohol, and improve family closeness.

Resources:

SAMHSA's 'Talk. They Hear You.' Campaign: [samhsa.gov/underage-drinking/parent-resources/what-you-can-do-prevent-your-child-drinking](https://www.samhsa.gov/underage-drinking/parent-resources/what-you-can-do-prevent-your-child-drinking)

National Institute on Alcohol Abuse and Alcoholism: <https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/make-a-difference-child-alcohol>

Sources:

De Witte, P., & Mitchell Jr., M. C. (Eds.) 2012. Underage Drinking: A Report on Drinking in the Second Decade of Life in Europe and North America. Presses universitaires de Louvain. Retrieved from <http://books.openedition.org/pucl/3263>

Hurley, E., Dietrich, T. & Rundle-Thiele, S. A systematic review of parent based programs to prevent or reduce alcohol consumption in adolescents. BMC Public Health 19, 1451 (2019). <https://doi.org/10.1186/s12889-019-7733-x>