

A LIFETIME PERSPECTIVE

MANY DAYS raising children are chock full of the here and now issues, it can be hard to think long-term. Parents and caretakers grow as much as the children do while cruising through adolescence. Constantly preparing your child for adulthood is an endurance race.

Keeping your child healthy by talking to them about not drinking alcohol is one part of preparing them to live a long, healthy life. It's just as important as teaching them healthy ways to relieve stress as a tween or brush their teeth when they were toddlers.

Did you know drinking alcohol underage poses a variety of risks?

- It increases the likelihood of problematic drinking later in life.
- It is linked to certain cancers and increases the risk for others.

Think about how you model alcohol use in your own life. Your children watch how you act, how and when you consume, and when you say "enough." Although it may not always be obvious, do not forget that they are constantly watching.

Sources: <https://bit.ly/3tD3NrH>, <https://bit.ly/3HIS1HT>



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KEEP SHOWING UP.

THEY'RE STILL GROWING UP.