

Wallet-Sized Card Templates

Proven Ways to Help Your Child Stay Sober

1. *Be a good role model* by not using alcohol or drugs.
2. *Be positive* with your child. Praise appropriate behavior. Decrease blaming and put-downs.
3. *Monitor* your child's behavior and whereabouts. Know what he/she is doing and who he/she is with.
4. *Get involved* in your child's life outside the home. Encourage and promote positive social and recreational activities.

Three Steps to Better Communication

1. Understanding Statement
2. Partial Responsibility Statement
(Shared role in creating or solving a specific problem)
3. Offer to Help

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