

Kids & Alcohol. Parents Matter!!

April 11, 2010

April is National Alcohol Awareness Month. At Lake-Geauga Recovery Centers, we are concerned about the number of young people who begin using alcohol at a very early age.

Kids may roll their eyes and make faces, but research shows that the single most important influence in youngsters' decision to drink is their parents.

So speak up, talk with them, listen to them and, most important, be a good example.

Over 70% of children say parents are the leading influence in their decision to drink or not.

If children grow up in an environment where adults drink excessively, they are more likely to drink themselves. If you choose to drink, set a good example by drinking in moderation, and make sure your child knows that underage drinking is not acceptable.

Children of alcoholics are between 4 and 10 times more likely to become alcoholics themselves and to begin drinking at a young age.

The reason most children choose not to drink is because their parents talked to them about it. If you talk to them directly and honestly, they are more likely to respect your rules and advice about alcohol use.

What you say to your child about alcohol use is up to you. But remember, if you don't say anything, you might give the impression that underage drinking is OK.

Actions often speak louder than words. If you tell your child not to drink and drive but you do, you are really saying, "This is OK."

Children who have strong communication with their parents are less likely to drink. Children whose parents set clear rules and expectations are less likely to use alcohol.

People have many opinions about alcohol use, but most agree that it is a good idea to keep alcohol out of the hands of young people. Parents are of primary importance in that process.

Please contact a professional if you have questions. Lake-Geauga Recovery Centers, 200 Center Street, Chardon, OH 44024. (440) 285-9119.

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