

WHERE TO FROM HERE?

CREATE A SUPPORT NETWORK

· Friends · Family · Professionals · Schools · Community

PROTECTIVE FACTORS FOR YOUR CHILD

· Positive role models · Community involvement
· Sport/Hobbies · Good friends · Good communication

PARENT SUPPORT TALKS

IF YOU WOULD LIKE FURTHER SUPPORT IN HAVING THIS CONVERSATION PLEASE COME ALONG TO THE FOLLOWING INFORMATION TALKS IN MAYO AND ROSCOMMON

Roscommon

Vita House, Roscommon Town, Monday 24th of November at 7.30pm
Kings House, Boyle, Tuesday 25th of November at 7.30pm
The Hub Enterprise Centre, Castlerea, Wednesday 26th of November at 7.30pm

Mayo

Westport Coast Hotel, Westport, Monday 1st of December at 7.30pm
McWilliam Park Hotel, Claremorris, Thursday 4th of December at 7.30pm
Swinford Library, Swinford, Wednesday 10th of December at 7.30pm
Twin Trees Hotel, Ballina, Tuesday 9th of December at 7.30pm
Aras Inis Gluaire, Belmullet, Thursday 4th of December at 7.30pm

For more details please contact Gillian Conway on
086 7814779

USEFUL PHONE NUMBERS & WEBSITES

National Drugs Helpline 1800 459459
HSE Drug Service 091 561299
Parentline 1890 927277
WRDTF 091 480044

www.spunout.ie
www.alcoholireland.ie
www.tusla.ie
www.supportme.ie


South West Mayo
DEVELOPMENT COMPANY LTD
Comhlacht Forbartha
Iardheisceart Mhaigh Eo Teo


Western Region
drugs task force
Meitheal Drugaí an Iarthair


gretb
Bord Oideachais agus Oiliúna
na Gaillimhe agus Ros Comáin
Galway and Roscommon
Education and Training Board

PRE-TEEN YEARS

A Parent's guide to talking with your Child about Alcohol



Practical information and tips on how to approach the issue of Alcohol with your Child

IT IS IMPORTANT TO HAVE A CONVERSATION WITH YOUR CHILD TO HELP PREPARE THEM FOR MAKING DECISIONS



REMEMBER: YOU ARE A ROLE MODEL FOR YOUR CHILD. BE CONSCIOUS OF YOUR OWN DRINKING HABITS, ATTITUDE TO ALCOHOL AND THE SUPPLY AND STORAGE OF ALCOHOL IN YOUR HOME.....

HOW TO HAVE THE CONVERSATION

PLAN

- Find a good time and include your partner where possible
- Know what you want to say
- Have your facts right
- Be age appropriate
- Use media prompts: News reports on alcohol, alcohol ads on TV
- Communication is a two-way process; be prepared for questions

TALK

- Remove communication barriers like phones, games and TV
- Be clear about your expectations around alcohol
- Develop boundaries around alcohol in your home and appropriate consequences
- Be conscious of your approach: be sensitive, respectful and open to discussion
- Don't forget to listen

FOLLOW UP

- Make sure it's not a once-off talk
- Revisit the topic at appropriate age intervals throughout teens
- Ensure they know they can come back to you with questions or for advice