



Why Let Drink Decide?

Talking to your child about alcohol before they start drinking

Top tips on talking to your children about alcohol

Don't wait

Children are aware of alcohol from an earlier age than you might think. So don't be tempted to think that your own child is too young to know about alcohol. You should certainly be talking about it by the time your child makes the move to secondary school.

Be honest

Be prepared to talk openly about your own attitude to alcohol, how much you drink and why you drink. Your child is bound to want to talk about this.

Look for openers

The effects of alcohol often pop up in news stories, films and soaps. These all offer opportunities for talking about alcohol in your home. Or why not broach the topic in an everyday situation such as giving your child a lift in the car?





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Don't forget to listen

Try asking your child what they understand about alcohol rather than telling them what you know. Get a conversation going. If there are questions you don't know the answer to, look them up together with your child.



Keep talking

Your child has to cope with many issues as they grow up. Try to get in the habit of talking with your child about all of them – including alcohol.

One key thing to remember to do...

Look at your own alcohol use and ensure it's sending out the right messages to your child. Young people learn as much from seeing what their parents do as from listening to what they say. It is helpful to set an example to your child by creating some boundaries around your own use of alcohol.

Find out more at www.drinkaware.co.uk

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