

I can limit my child's access to alcohol and other drugs at home by locking up alcohol and other drugs, including medication that could be misused.

I can have positive consequences for my child when they follow our family rules.

I can wait for my child to return home before heading to bed, and have at least a quick, friendly chat with them before we both head to bed.

I can have our family rules and consequences written down and posted in a place where they are regularly seen, and can be referred to.

I can give my child a curfew on school nights.

I can ensure my child knows I will pick them up anywhere, any time without need for an explanation.

I can give my child a curfew on the weekends, in the summer, over the holidays, etc.

I can set up a code word or other strategy with my child, so they can let me know if/when they need to be picked up.

I can regularly remind my child about our family

I can talk with and or role play with my child

rules and consequences--verbally, over text, and in other ways.

about ways they can say no if they are offered alcohol or other drugs.

I can work with my child to make sure they understand why our family has the rules and consequences that we have.

I can call other parents/caregivers before my child goes over to their house to make sure a trusted adult will be home during the get together.

I can attend a Guiding Good Choices workshop series hosted by

I can make sure I am "on the same page" with other adults who care

Scituate FACTS.

**for my child
when it comes to
our family rules
and
consequences.**

**I can make sure I
talk with my
child, in an age
appropriate way,
about the impact
of addiction on
our family, and
the especially
important
strategies we can
use to stay
healthy given our
family history.**

**I can use
self-care
strategies,
including regular
physical activity,
to help manage
my own stress
and other mental
health challenges,
so I can be a
role model for
my child.**

I can ensure my child gets the care they need to support their physical and mental health, including using the INTERFACE referral service.

I can help my child practice self-advocacy skills in everyday situations, so they become more comfortable advocating for themselves.

I can regularly tell my child about the meaningful, positive qualities I see and appreciate in them as they are growing and developing.

I can support my child in making meaningful contributions to our household, including successfully completing chores that benefit everyone

	<p>in our family.</p>
<p>I can support my child in making meaningful contributions to our community, including helping them find volunteer opportunities that are well matched to their skills and personality.</p>	<p>I can help my child set and meet goals, including modeling this skill.</p>
<p>I can model optimism, and support my child in developing optimistic</p>	<p>I can remind myself regularly that my child is observant of my choices and</p>

thinking.

language, and work to model what I would like to see from my child.

I can partner with the other adults in my child's life, so we are working together to support my child in making healthy choices, including their teachers, coaches, counselors, medical professionals, and

I can help my child to manage emotional situations, or ensure they are connected to another trusted adult who can.

others.

I can partner with my child to ensure they are getting enough uninterrupted hours of sleep each night, including putting in place relevant technology limits.

I know enough about alcohol and other drugs, or have good resources I can access as needed, that I

I can work to develop a relationship with my child that includes mutual honesty and trust.

I can listen non-judgmentally to my child--"being supportive and forgiving while helping them to

feel confident having conversations with my child about these substances. See *The Addiction Inoculation* by Jessica Lahey, page 155 for more info on this

figure out how to do better next time” (when that is relevant). Note: quote comes from *The Addiction Inoculation* by Jessica Lahey, page 153

I can “be the parent” because I know that “kids don’t want another friend, especially when they are struggling.”

I know that, no matter what my child might say, not everyone is doing it--whatever the “it” of the moment is.

Note: quotes comes from The Addiction Inoculation by Jessica Lahey, page 154

See The Addiction Inoculation by Jessica Lahey, Chapter 8 for more info on this

**I can listen to and support my child if they are worried about a friend's substance misuse.
See The Addiction Inoculation by Jessica Lahey, page 199 for more info on this**