

December 2018 Newsletter



Why We Should Create a Safe Environment During the Holiday Season:

- Mothers Against Drunk Driving (MADD) stated at least 50% of all fatal car crashes during the holiday season involve alcohol.
- During Holiday parties there are many opportunities for youth to sneak alcohol when adults are not monitoring them.
- The younger a child starts drinking alcohol, the more likely they will have alcohol-related problems later in life.
- The brain is still developing until the mid-20's, so alcohol may delay brain development and impair memory/learning.
- Youth and Teens who drink alcohol are more likely to commit or be a victim of violence (sexual assault), experience depression, and/or suicidal thoughts.

**** It is found that parents who talk with their teens about underage drinking, set expectations for their behavior, and enforce consequences for violating the rules are significantly less likely to have children who use alcohol.****

Products to Look Out for at Holiday Parties:

- ❖ Beer, Wine, and Liquor (rum, vodka, whiskey, bourbon, etc), wine coolers (Mikes Hard, Dailys, etc)
- ❖ Eggnog or Punch (check to make sure it is non-alcoholic before letting your child drink some)
- ❖ Alcohol themed gifts (this promotes that drinking may be “cool” and that they should try it. These gifts should only be allowed for adults when exchanging, etc)
- ❖ Foods (rum cakes, liquor filled sauces, eggnog cupcakes, etc.)

Ideas for Substance Free Traditions:

- ✓ Ask the family what they want to do and don't want to do for the holiday
- ✓ Go to a Family Friendly Community Event
- ✓ Volunteer at the local food drive, soup kitchen, etc.
- ✓ Plan a family fun night with different games that are related to the Holidays
- ✓ Bake cookies, other dishes, and mix drinks that don't involve alcohol
- ✓ Go to a concert or play
- ✓ Find a Christmas Lights show and model No Drinking and Driving

Holiday Celebration Tips for Child Safety:

- At Holiday parties offer plenty of non-alcoholic drinks, foods, and activities
- Be a good and responsible role model (Don't Drink and Drive)
- If there will be alcohol at the party, let your child know what to expect, but that they are not allowed to drink with the responsible adults
- Keep alcohol bottles out of reach of children. Some children enjoy imitating adults, so they may take half empty bottles and pretend to be their parents, etc.
- If you are going to someone else's home or having guest stay at your house over the holidays, make sure that medications are out of reach of children. People often leave their medicine on counters, kitchens, or in the bathroom without thinking of the risk of exposure to children.
- Have open dialogue about underage drinking- the conversation should not be focused on whether it is right or wrong, but rather the health effects to developing brains and bodies.
- Move past debates about the use of drugs and alcohol, instead encourage talk about why it's not healthy for children (and/or adults) to use, and the safety implications that go along with it (the message should be clear: UNDERAGE DRINKING AND DRUG USE IS UNHEALTHY, UNSAFE, and UNACCEPTABLE)



Web: <https://www.piedmontcsb.org/>
 Franklin Co Number: 540-483-0582
 Martinsville/Henry Co Number: 276-632-7128