

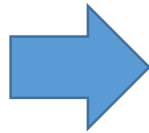
Why it's good to talk to your children about alcohol.



Your child can adopt a health, happier attitude to alcohol the more you talk to them about it?

There are plenty of reasons why we should talk to our children about drinking and sooner you start the conversation the better (although, it's never too late).

Why should you talk to them?



Children look up to their parents/carers and will listen to what you say. With teenagers, it's natural for them to pull away and make their friends their focus. However, what you think and feel about them remain central to their lives. They still look for your approval as well as your love, however disdainful they may seem of your opinion.



If you don't do the talking someone else will. There are plenty of people out there who will answer their questions about alcohol or listen to them if you don't. The problem is that they may be friends who have a confused and inaccurate idea. Or there might be websites or people on the internet who could lead them astray.

Preventing underage drinking is vital for health and life success



Underage drinking really can have an impact on the rest of your child's life. It's never too early to talk about alcohol but it is also never too late. Even if they have tried alcohol, you can still help them to stop drinking. It is not about being a killjoy. It is about you caring for them and your desire for them to reach their full potential.

Questions you might have.

Q. Surely my child is too young to drink?

A. You need to tailor what you say to their age. The key is to answer questions and be guided by what they already know.

Q. Won't talking about it encourage them to drink?

A. No it won't. Talking through an issue properly does not promote irresponsible behaviour. Research shows children who are given good guidance make safe choices,

Q. Won't they learn about alcohol in school?

A. Whitcliffe does cover aspects in school, although it is not a compulsory part of the curriculum.



For further guidance on how to discuss alcohol with your child, please watch this short, 1 minute, clip

<https://youtu.be/JJgfLt3euYY>

If you would like to discuss this topic further with someone in school, please email Inspire@whitcliffemount.co.uk or helpline@whitcliffemount.co.uk

Alternatively you can visit:

<https://www.drinkaware.co.uk/advice/underage-drinking/why-talk-to-your-children-about-alcohol>