

# Alcohol Discussion Guide: Age-Based



## Preschool

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Alcohol is the number one most abused substance by adolescents. Children start to think positively about alcohol around age 9-13, so the American Academy of Pediatrics recommends starting to talk to children about alcohol around age 9. However, parents can set the stage for these discussions by modeling healthy alcohol consumption and using this age-based alcohol discussion guide. Start when they are in preschool.

### PRESCHOOL AGE CHILDREN:

- ☐ Keep alcohol out of reach of children. Remember, children are naturally curious, and alcohol is a toxin. So, keep alcohol on refrigerator shelves or in cabinets out of reach of curious hands.
- ☐ Model healthy alcohol use. Use the 'Responsible Drinking Formula' found in the BrainAbouts Core Parent Coaching section on the Alcohol Topic Page to determine if your drinking falls within the 'responsible' category.
- ☐ Never drive drunk. Use the 'Effects of Increasing Blood Alcohol Levels' information sheet found in the BrainAbouts Core Parent Coaching section on the Alcohol Topic Page to determine how much alcohol will affect your ability to drive. Remember, if you are going to drive at all, the best choice is not to drink.
- ☐ Discuss the meaning of healthy foods and drinks.

**HEALTHY FOODS & DRINKS:** Healthy foods and drinks are ones that give the body nutrients or the things our bodies need to maintain our health, make us feel good, and give us energy.

**HEALTH FOOD & DRINK SCRIPT:** *'We eat healthy food and drink healthy drinks to take good care of our bodies. Healthy food and drinks let us grow strong and keep us from getting sick.'*

- ☐ Teach good self-care and build self-worth.

**SELF-CARE:** The practice of taking care of oneself to maintain or improve health.

**SELF-WORTH:** The belief that we are valuable and worthy of being treated with respect.

**SELF-CARE SCRIPT:** *'I am valuable and worthwhile. I deserve to be treated well, with respect, by myself and others. I will treat myself with respect and take good care of myself because I am a valuable and worthwhile human being.'*