

**Alcohol**

**Teach prevention at an early age**

* Nurturing relationships with caring adults as early in life as possible can prevent or reverse the damaging effects of toxic stress response that can lead to addiction.
* Brain connections are built when a child “serves” up a gesture, cry, or babble, and an adult “returns” a response with eye contact, words, or a hug:
* Share your child’s interest when they point at an object or action.
* When your child sees an object, state the object’s name. Put words to actions and feelings, as well.
* Encourage your child with words, facial expressions, or even with motions, such as dancing.
* You can teach prevention early on:
	+ Talk with your kids about staying healthy.
	+ Introduce fruits and vegetables as a foundation for a healthy brain and body.
	+ Explain that vitamins and medicine are only for specific purposes and should only be given by trusted caregivers
* Parenting small children is rewarding, but it can also be stressful. Consider becoming involved in parent groups in order to share experiences and stresses. If you are in recovery, join a peer support group of other parents in recovery.
* People who start using alcohol and other substances in their youth are more likely to develop an addiction in adulthood, but prevention can be taught at an early age.
* People with family members with alcohol use disorders are more likely to develop addiction later in life, but this doesn’t have to be the case.
* Children who learn about the dangers of underage alcohol use from a parent are 50 percent less

likely to experiment than kids who don’t.

**Learn more:**

[www.greenpeakalliance.org](http://www.greenpeakalliance.org)

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