

EDUCATIONAL SUPPORT TEAM UPDATE

NOVEMBER/DECEMBER 2023

Provided By: Saint Vincent College Prevention Projects
SVCPP mailing address:
300 Fraser Purchase Road, Latrobe, PA 15650
Phone: 724-805-2050
Fax Number: 724-420-5930



Saint Vincent College Prevention Projects is funded by the Westmoreland Drug and Alcohol Commission, Inc. through a grant from the Pennsylvania Department of Drug and Alcohol Programs.

K-12 SAP Trainings & SAP Thematic Workshops

K-12 SAP TRAININGS are held at The Conference Center, Saint Vincent College. **Dates: December 5, 6, 7 2023; ADDED DATE—January 23, 24, 25, 2024; March 12, 13, 14 2024; May 7, 8, 9 2024.** The Training is designed for new members of either a secondary or elementary S.A.P. team. This is also appropriate for Mental Health and Drug and Alcohol Treatment Staff and School-Based Probation Officers who have been assigned the role of "ad hoc" S.A.P. team members. Those individuals needing to make up a training session from a prior training will be able to complete those requirements at this training. For additional information or to register, please call Saint Vincent College Prevention Projects at 724-805-2050.

SAP Thematic Workshops: November 7, 2023; February 7, 2024; May 1, 2024

Awareness Days

Nov/Dec Awareness Days & Events

You can easily take advantage of special events to raise awareness of an important issue or cause. Here are a few up-coming events for the next several months:

Great American Smokeout Day—November 16, 2023—<https://www.cancer.org/healthy/stay-away-from-tobacco/reasons-to-quit-smoking.html>

International Survivors of Suicide Days—November 18, 2023—<https://afsp.org/international-survivors-of-suicide-loss-day>

Adoption Awareness Month—November 2023—<https://www.childwelfare.gov/topics/adoption/nam/about/>

Runaway Prevention Month—November 2023—<https://www.1800runaway.org/youth-teens/youth-teens-faq>

National Impaired Driving Prevention Month—December 2023—<https://blog.americansafetycouncil.com/national-drunk-and-drugged-driving-awareness-month/>



TRAININGS/EVENTS OF INTEREST...

FALL THEMATIC WORKSHOP— Nov. 7, 2023. This thematic will focus on SAP Process, highlighting SAP teams, and Overview of Autism and ABA. For more information or to register, please call the Saint Vincent College Prevention Projects at 724-805-2050. The cost of the training is \$40.00 and this includes breakfast beverages & pastries and lunch in the Cafeteria. Act 48 credits will be given.

K-12 SAP TRAINING— December 5, 6, 7 2023; ADDED DATE—January 23, 24, 25, 2024; March 12, 13, 14 2024; May 7, 8, 9 2024. Training is designed for new members of either a secondary or elementary S.A.P. team who have not completed the initial training with their team. This is also appropriate for Mental Health and Drug and Alcohol Treatment staff and school-based probation officers who have been assigned the role of "ad hoc" S.A.P. team members. Those individuals needing to make up a training session from a prior training will be able to complete those requirements at this training. For information or to register, please call the Saint Vincent College Prevention Projects at 724-805-2050. The cost of the training is \$360, this includes breakfast and lunch.



SAINT VINCENT COLLEGE

Prevention Projects

TRAINING ANNOUNCEMENT STUDENT ASSISTANCE PROGRAM

Fall Thematic Workshop
"It's Time to Get Your Culture On"
November 7, 2023

TO: SAP Contacts
TIME: 9:00 a.m. – 3:45 p.m.
PLACE: St. Vincent College, Fred Rogers Center

WASAP Council Meeting (8:00 a.m. – 9:00 a.m.)

AGENDA

8:30 a.m. – 9:00 a.m. Registration, coffee, and refreshments provided.

9:00 a.m. – 9:15 a.m. "Welcome & Introductions"
Presenter: Donna Kean, Executive Director
Saint Vincent College Prevention Projects

9:15 a.m. – 9:45 a.m. "Navigating the SAP Process"
Presenter: Renee Urick, L.S.W.
Regional VIII Coordinator
PA Network for Student Assistance Services

9:45 a.m.–10:00 a.m. Break

10:00 a.m.- 12:00 p.m. "Cultural Competency"
Presenter: Todd C. Snovel
Chief Leadership and Engagement Officer
County Commissioners Association of Pennsylvania

12:00 p.m.- 1:00 p.m. Lunch

1:00 p.m. - 2:15 p.m. "Cultural Competency"
Presenter: Todd C. Snovel
Chief Leadership and Engagement Officer
County Commissioners Association of Pennsylvania

2:15 p.m.- 2:30 p.m. Break

2:30 p.m.– 3:30 p.m. "Cultural Competency"
Presenter: Todd C. Snovel
Chief Leadership and Engagement Officer
County Commissioners Association of Pennsylvania

3:30 p.m.– 3:45 p.m. Summary/Evaluations/Concluding Remarks/Individual Team Assistance

REGISTRATION: Phone – 724-805-2050 on or before **October 31, 2023**
ACT 48 Professional Development Credit – 5.25 hours

COST: \$40.00 per person, includes lunch in the cafeteria.

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300 Fraser Purchase Road, Latrobe, Pennsylvania 15650-2690 ~ Phone: 724-805-2050 ~ Fax: 724-420-5930 ~ www.stvinc.edu Search Prevention Projects

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Great American Smoke-Out Day

NOVEMBER 16th 2023



Why the “cold turkey” method of quitting vaping or smoking doesn’t work – and what does...

Whether it’s cigarettes, e-cigarettes, or any other tobacco product, trying to quit “cold turkey” – meaning to stop abruptly without any support or replacement medications – is unlikely to be successful.

According to Dr. J. Taylor Hays of the Mayo Clinic College of Medicine, research over the past 25 years has shown that out of 100 people trying to quit smoking cold turkey, only about three to five of them will succeed for longer than six months. In other words, while some people can quit this way, at least 95% of people can’t.

Quitting cold turkey has such a low success rate due to the nature of nicotine addiction. Addiction undermines willpower, or the ability to control impulses through decision-making.

“When you understand the addictive nature of tobacco, it’s easier to understand why many can’t just quit,” wrote Michael Burke, program director at Mayo Clinic Nicotine Dependence Center in a blog post for the EX Program.

It’s important people have support when quitting any nicotine-containing product. Here are evidence-based resources to quit.

This is Quitting



This is Quitting from truth – the evidence-based, first-of-its-kind, free quit vaping program that is the largest in the country and the only one that has been validated by peer-reviewed research – has helped more than 500,000 young people on their journeys to quit vaping. A randomized clinical trial found that young adults aged 18-24 who used This is Quitting had nearly 40% higher odds of quitting compared to a control group. Results from another randomized clinical trial underscored that This is Quitting is not only successful in helping young people quit vaping, but also in ensuring that they don’t later use combustible tobacco products in place of e-cigarettes.

Teens and young adults can text “DITCHVAPE” to 88709 and get immediate help.

EX

EX is a free, digital quit-tobacco plan and online community of thousands of current and former tobacco users developed by Truth Initiative in collaboration with Mayo Clinic. It has helped more than 910,000 people develop the skills and confidence to successfully quit. Research has shown that following the EX quit plan quadruples a tobacco user's chance of quitting. Parents of young people who vape can also get support and resources to help their teen or young adult child quit vaping through EX. Register for free at BecomeAnEX.org.

EX Program

EX Program expands on EX to provide an enterprise-level tobacco cessation program designed for employers and health plans. The program delivers proven quit-tobacco treatment via interactive quitting tools and video, live chat, text message, email, and quit medication. It also includes personalized digital coaching and medication support from tobacco treatment specialists at the Mayo Clinic Nicotine Dependence Center and Truth Initiative. EX Program is now helping more than 10.2 million adults around the nation, including through Medicaid plans in Nevada, Iowa, Kentucky, and West Virginia. Learn more at theexprogram.com.

Info from: <https://truthinitiative.org/research-resources/quitting-smoking-vaping/why-cold-turkey-method-quitting-vaping-or-smoking-doesnt>

Adverse effects of vaping

Mouth and airways

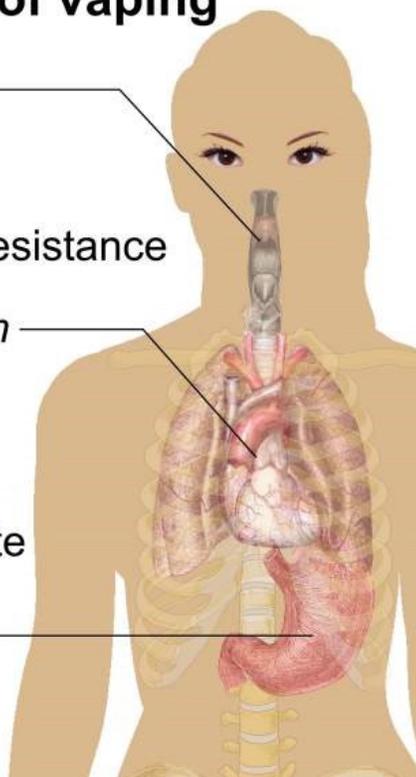
- Irritation
- Cough
- Increased airway resistance

Heart and circulation

- Chest pain
- Increased blood pressure
- Increased heart rate

Stomach

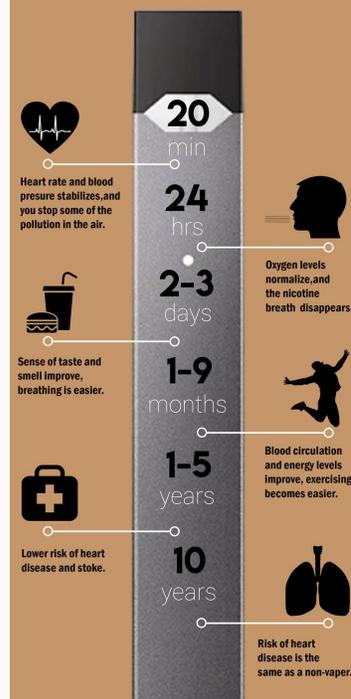
- Vomiting
- Nausea



Info from: <https://www.postindependent.com/news/local/vaping-is-grown-in-popularity-among-eagle-county-kids-and-its-not-safe-health-officials-say/>

BE HEALTHY QUIT VAPING

THE BENEFITS OF QUITTING VAPING



Resource from: <https://www.coroflot.com/MarissaMedina/Be-health-Quit-vaping>

International Survivors of Suicide Day—November 19, 2023

Risk factors, protective factors, and warning signs

While there is no single cause for suicide, there are risk factors and warning signs which may increase likelihood of an attempt. Learning them can save lives.

What leads to suicide?

There's no single cause for suicide. Suicide most often occurs when stressors and health issues converge to create an experience of hopelessness and despair. Depression is the most common condition associated with suicide, and it is often undiagnosed or untreated. Conditions like depression, anxiety, and substance problems, especially when unaddressed, increase risk for suicide. Yet it's important to note that most people who actively manage their mental health conditions go on to engage in life.

Risk factors

Risk factors are characteristics or conditions that increase the chance that a person may try to take their life.

Health

- Mental health conditions
 - Depression
 - Substance use problems
 - Bipolar disorder
 - Schizophrenia
 - Personality traits of aggression, mood changes and poor relationships
 - Conduct disorder
 - Anxiety disorders
- Serious physical health conditions including pain
- Traumatic brain injury



Environmental

- Access to lethal means including firearms and drugs
- Prolonged stress, such as harassment, bullying, relationship problems or unemployment
- Stressful life events, like rejection, divorce, financial crisis, other life transitions or loss
- Exposure to another person's suicide, or to graphic or sensationalized accounts of suicide

Historical

- Previous suicide attempts
- Family history of suicide
- Childhood abuse, neglect or trauma



Protective Factors

- Access to mental health care, and being proactive about mental health
- Feeling connected to family and community support
- Problem-solving and coping skills
- Limited access to lethal means
- Cultural and religious beliefs that encourage connecting and help-seeking, discourage suicidal behavior, or create a strong sense of purpose or self-esteem

Warning signs

Something to look out for when concerned that a person may be suicidal is a change in behavior or the presence of entirely new behaviors. This is of sharpest concern if the new or changed behavior is related to a painful event, loss, or change. Most people who take their lives exhibit one or more warning signs, either through what they say or what they do.



Talk

If a person talks about:

- Killing themselves
- Feeling hopeless
- Having no reason to live
- Being a burden to others
- Feeling trapped
- Unbearable pain

Behavior

Behaviors that may signal risk, especially if related to a painful event, loss or change:

- Increased use of alcohol or drugs
- Looking for a way to end their lives, such as searching online for methods
- Withdrawing from activities
- Isolating from family and friends
- Sleeping too much or too little
- Visiting or calling people to say goodbye
- Giving away prized possessions
- Aggression
- Fatigue





Support for Survivors of Suicide Loss

With every suicide death, family, friends and colleagues are left behind to make sense of the loss. The American Foundation for Suicide Prevention provides support for survivors of suicide loss by offering programs and resources for healing and connection.

Following a Loss

International Survivors of Suicide Loss Day

Each year, AFSP supports hundreds of Survivor Day events around the world, in which suicide loss survivors come together to find connection, understanding and hope.

Support Group Listings

AFSP provides listings for hundreds of suicide loss survivor support groups in the U.S. and Canada.

Memory Quilts

The Memory Quilt Program allows suicide loss survivors to honor their loved ones by creating a commemorative physical or digital quilt square.

Healing Conversations

Healing Conversations gives those who have lost someone to suicide the opportunity to talk with our experienced volunteers, who are themselves survivors of suicide loss.

Children, Teens and Suicide Loss

Written in partnership with The Dougy Center, The National Center for Grieving Children & Families, this booklet provides guidance on how to provide support for young loss survivors.

Supporting Others

After a Suicide: A Toolkit for Schools

Created in partnership with the Suicide Prevention Resource Center, this newly revised toolkit offers best practices for schools that have experienced a suicide death.

Support Group Facilitator Trainings

Experienced trainers prepare participants to run effective peer-to-peer suicide loss support groups for adults or children and teens.

Suicide Bereavement Clinician Training

This workshop gives clinical professionals insight and tools to meet the specific needs of suicide loss survivors.

After a Suicide: A Toolkit for Medical Schools

This practical handbook provides guidance for hospital and program leaders in the event of a trainee's death by suicide.



December is National Drunk and Drugged Driving Awareness Month

While most people may associate December with the holidays, for the National Highway and Transportation Safety Administration it means Drunk and Drugged Driving Awareness Month. Actually, the two do go hand-in-hand, as many people celebrate at holiday festivities with alcoholic drinks, and many people travel by car to visit family this time of year. Before you hit the road, know that police use this month to crack down on drunk and drugged drivers.



Drinking and Driving

Nothing will put a damper on your holiday season faster than a DUI or having your license revoked. DUI's can be very costly, and many budgets are already stretched tight for holiday gift buying. This is also a busy time of year for people between parties and family gatherings, and the lack of a driver's license can be a major inconvenience.

In the U.S. a driver is considered impaired if his blood alcohol concentration (BAC) is above a 0.08. BAC is the percentage of alcohol found in the bloodstream of the driver. A 1.5 oz shot of liquor, a 12 oz bottle of beer, and a 5 oz glass of wine all contain approximately the same amount of alcohol at 0.6 oz.

The charts below can be used as a guideline for how many drinks you can have before you are at the legal limit. Women are more easily affected by alcohol than men, and your overall body weight is an important factor as well. Keep in mind these are just guidelines. Many other factors can contribute to a higher BAC, such as how much you have eaten prior to drinking, or if the bartender is pouring more than the standard amount.

Number of Drinks		BLOOD ALCOHOL CONTENT (BAC) Table for Male (M) / Female (F)								Driving Condition
		Body Weight in Pounds								
		100	120	140	160	180	200	220	240	
0	M	.00	.00	.00	.00	.00	.00	.00	.00	Only Safe Driving Limit
	F	.00	.00	.00	.00	.00	.00	.00	.00	
1	M	.06	.05	.04	.04	.03	.03	.03	.02	Driving Skills Impaired
	F	.07	.06	.05	.04	.04	.03	.03	.03	
2	M	.12	.10	.09	.07	.07	.06	.05	.05	
	F	.13	.11	.09	.08	.07	.07	.06	.06	
3	M	.18	.15	.13	.11	.10	.09	.08	.07	Legally Intoxicated
	F	.20	.17	.14	.12	.11	.10	.09	.08	
4	M	.24	.20	.17	.15	.13	.12	.11	.10	
	F	.26	.22	.19	.17	.15	.13	.12	.11	
5	M	.30	.25	.21	.19	.17	.15	.14	.12	
	F	.33	.28	.24	.21	.18	.17	.15	.14	

[CLICK HERE!](#)

Subtract .01% for each 40 minutes of drinking.
 1 drink = 1.5 oz. 80 proof liquor, 12 oz. 5% beer, or 5 oz. 12% wine.

Fewer than 5 persons out of 100 will exceed these values.

As you can see, the rules are clearly not the same for everyone. A 240 pound man can have four drinks and may legally still be able to drive, while a 90 pound woman would be well over the legal limit after just two drinks. Statistics have also shown that at every level of blood alcohol concentration, the risk of a crash is higher for young people.

Nearly one-third of traffic related fatalities are caused by alcohol-impaired driving crashes. This means that if no one got behind the wheel while drunk, one out of three people who have died from traffic crashes could still be with us today. It is easy to read and report statistics, but the people who have lost loved one these are much more than statistics. Especially around the holidays, consider other people and families before getting behind the wheel. Drinking and driving is simply not worth the risk.

Drugged Driving

Drugged driving does not refer to someone slipping something in your drink, but rather driving under the influence of drugs. Even prescribed drugs or legally prescribed medicinal marijuana can impair your ability to drive. It is even more dangerous to combine any type of drug with alcohol. If you have any prescriptions, be sure to read all side effects and warnings before drinking or driving. Some drugs may cause drowsiness on their own and will advise against operating heavy machinery or combining with alcohol. It is very important to heed these warnings.

According to StopDruggedDriving.org, 20% of crashes in the country are caused by drivers under the influence of drugs. Drugged drivers cause approximately 440,000 injuries, 6,761 deaths, and \$59.9 billion in damages per year.

Many states have adopted a per se standard of drugged driving. This means that if any detectable amount of a controlled substance is found in the driver's system, other than legally prescribed medicine, the driver will be at fault for drugged driving. This is different from the standard for drunk driving, as drivers are permitted to have a small amount of alcohol in their system and still drive. If a driver in one of the states with the per se standard is found to have any trace of an illegal substance in their bodily fluids they are considered to be Driving While Intoxicated.

The states with a per se standard for drugged driving are: Arizona, Delaware, Georgia, Illinois, Indiana, Iowa, Michigan, Minnesota, Mississippi, Nevada, North Carolina, Ohio, Pennsylvania, Rhode Island, Utah, Virginia, Washington, and Wisconsin.

Celebrate Safely and Arrive Alive

Of course many people like to sip on egg nog, spiked cider, and other alcoholic drinks during the holidays. As long as you plan ahead and refrain from illegal drug use, you can have all the holiday fun you want in a way that doesn't endanger your life or the lives of others. If you have any prescriptions, be sure you check the side effects and whether it is ok to consume alcohol while taking them. If you do consume, be sure to have a designated driver or at the very least stop drinking well before you plan to leave using the chart above as a guideline. If possible, stay over at the place where you are drinking, since police officers are on high alert during National Drunk and Drugged Driving Awareness Month.

Info from: <https://blog.americansafetycouncil.com/national-drunk-and-drugged-driving-awareness-month/>

Non-Alcoholic Christmas Drinks for Celebrating



Cranberry Mulled White "Wine"

A hot mulled drink is a holiday treasure. Though this calls for dry white, there are three options, all equally good. First, you can use a nonalcoholic white. If that's not available, white grape juice will work—though, because it's sweet already, you can skip the honey (or taste it, while cooking, and add just a little back in for flavor). Finally, you can use a chai tea, which will pair well with the flavors here.

[Get the recipe for Cranberry Mulled White "Wine."](#)

Sparkling Berry Apple Mocktail

Mocktails can be just as pretty as cocktails—take this drink, for example. Plus, with as hectic as the holidays can get, you'll be thankful this drink only requires three ingredients.

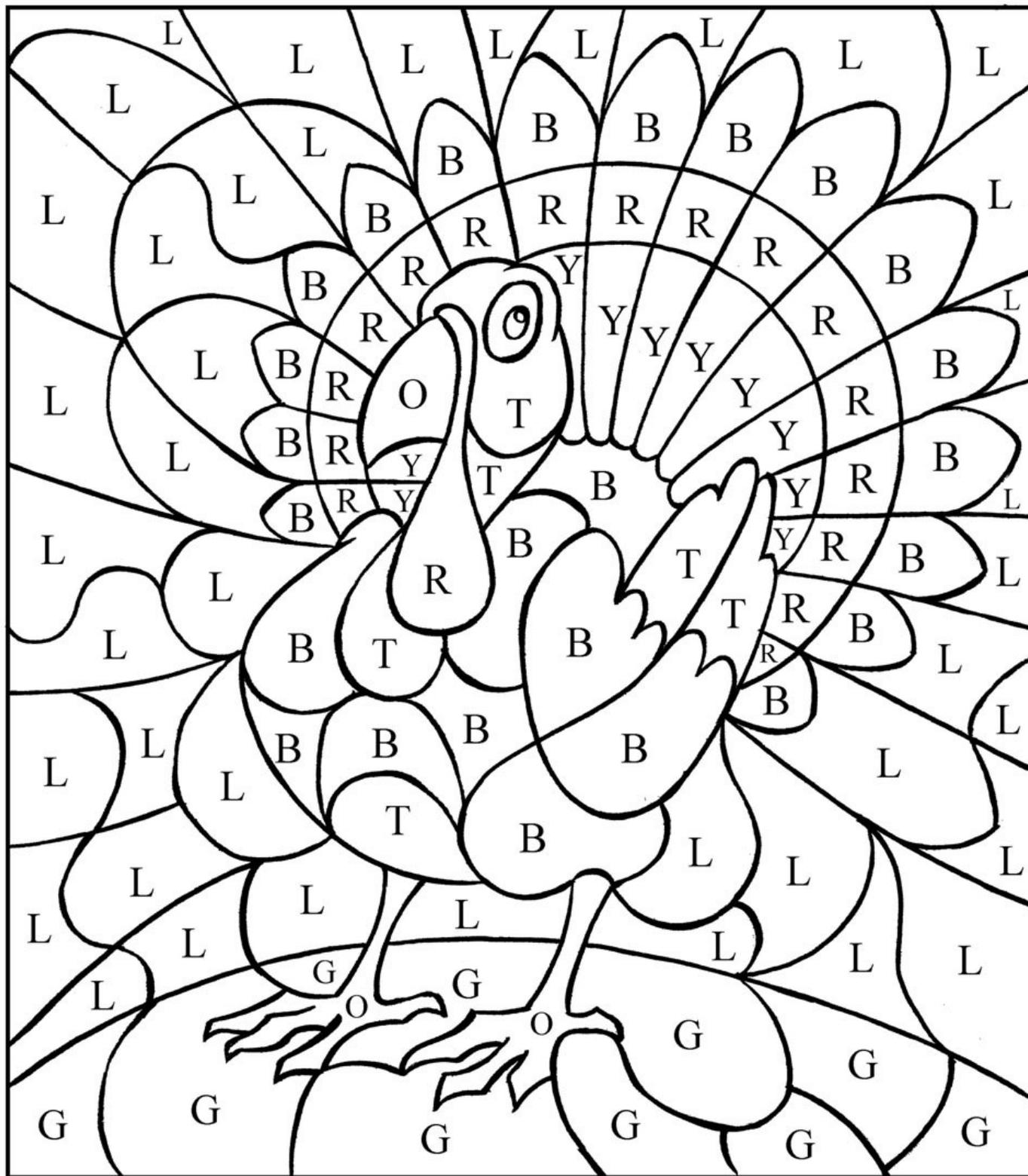
[Get the recipe for Sparkling Berry Apple Mocktail at The Little Epicurean.](#)



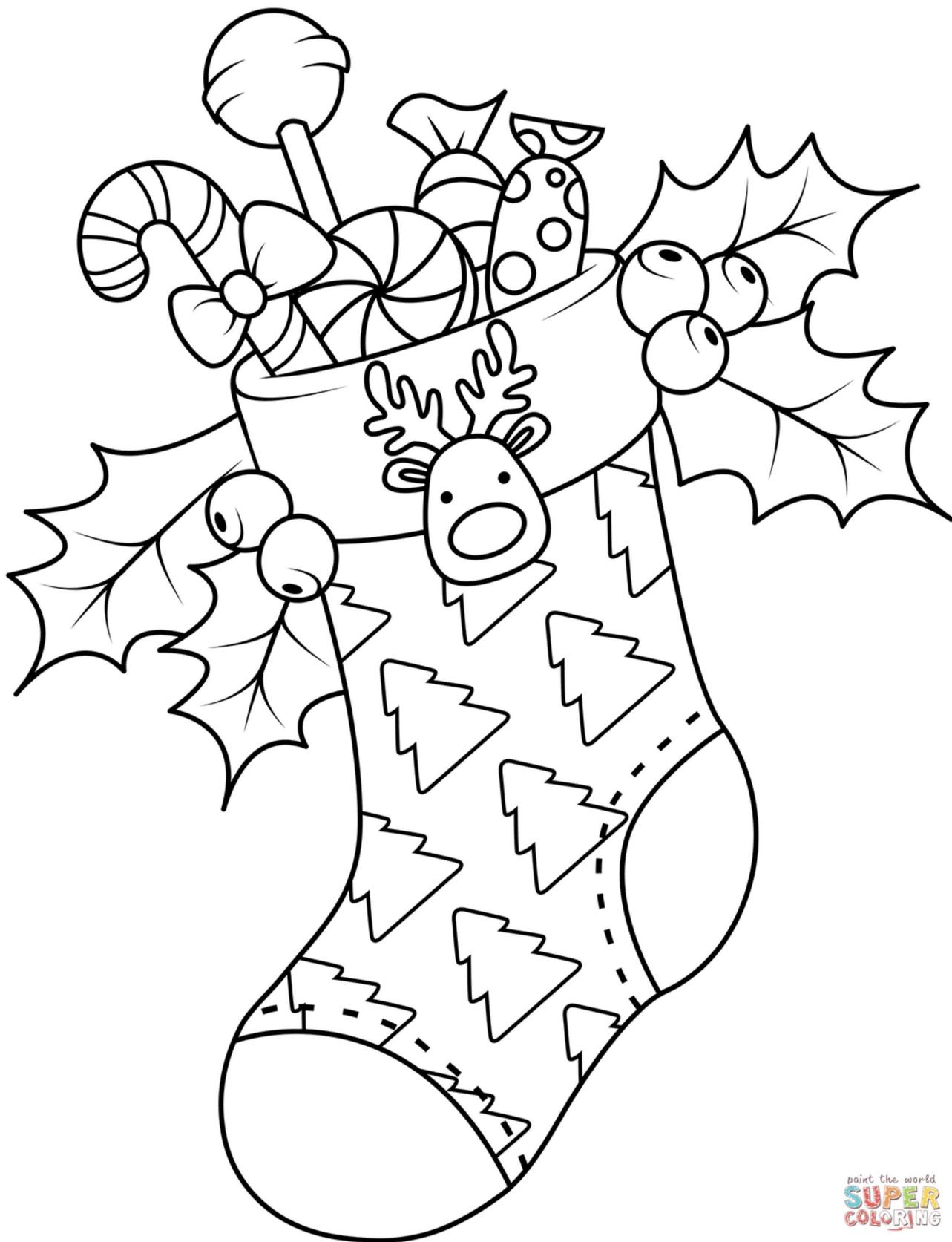
Gingerbread Latte

Pumpkin spice may take fall lattes by storm, but once the holidays roll around, gingerbread is the way to flavor your coffee. This recipe is made in a slow cooker, so you can toss in the ingredients in a few minutes and let the Crock-Pot work its magic.

[Get the recipe for Gingerbread Latte at The Busy Baker.](#)



B = Brown T = Tan R = Red
 G = Green Y = Yellow W = White
 O = Orange L = Light Blue



Westmoreland County Contact Info



1200 Maronda Way, Suite 300, Monessen, PA

724-243-2220

Hours: Monday-Friday 8:00 AM – 4:30 PM

<http://wedacinc.org>



First Floor Suite 110
40 N Pennsylvania Ave
Greensburg, PA 15601
724-830-3617

<http://www.co.westmoreland.pa.us/>



Southwestern Pennsylvania Human Services, Inc.

203 S Maple Ave, Greensburg, PA 15601

724-834-0420

Hours: Monday-Thursday 8:30am-9:00pm
Friday 8:30am-5:00pm

<http://www.sphs.org>

Outside In

To the Fullest...

Outpatient Services
PHONE 724-837-1518
FAX 724-837-0801

Residential Programs
PHONE 724-238-8441
FAX 724-238-3748

PO Box 639
Greensburg, PA 15601
<https://myoutsidein.org/>



SVC Prevention Projects

Christina Weimer 724-805-2050
Donna Cartia 724-805-2050



225 Margaret Avenue, Suite 3
Hempfield Township, PA 15644
724-522-5456 (Greensburg office)
<https://www.axiomfamilycounseling.com/>

Available Services Through SVCPP:

LOOK FOR THE
SAINT VINCENT COLLEGE PREVENTION PROJECTS
AT MANY SCHOOL EVENTS THROUGHOUT WESTMORELAND COUNTY

Lunch and Learn Presentations

Presentations are available to your community group, business or organization at minimal cost or FREE. Topics include: Current Drug Trends, Power of Parents, Gambling/Gaming Awareness, Responsible Gambling, Talking with your Kids, and The Dangers of Underage Drinking.

RADAR (Free Materials)

Regional Alcohol/Drug Awareness Resource, information Center

The Saint Vincent College Prevention Projects provides free materials (pamphlets, brochures, posters, etc.) to schools, organizations, community groups, and to the general public on various topics that include: alcohol, tobacco, drugs, violence prevention, child guidance, and medications and the elderly.

To schedule a program for your business, school or organization, please contact Beth Joseph, Prevention Education & Community Outreach Services Manager at Saint Vincent College Prevention Projects at 724-805-2050 or email beth.joseph@stvincent.edu

Let's Make the Connection - PARENT PAGE

PLEASE SHARE—HELPFUL INFORMATION



Why You Should Talk With Your Child About Alcohol and Other Drugs

Parents Have a Significant Influence in Their Children's Decisions to Experiment With Alcohol and Other Drugs

One of the most influential factors during a child's adolescence is maintaining a strong, open relationship with a parent.¹ When parents create supportive and nurturing environments, children make better decisions. Though it may not always seem like it, children really hear their parents' concerns, which is why it's important that parents discuss the risks of using alcohol and other drugs.

It's Better to Talk Before Children Are Exposed to Alcohol and Other Drugs

If you talk to your kids directly and honestly, they are more likely to respect your rules and advice about alcohol and drug use. When parents talk with their children early and often about alcohol and other drugs, they can protect their children from many of the high-risk behaviors associated with using these drugs.



Some Children May Try Alcohol or Other Drugs at a Very Young Age

It is never too early to talk to your children about alcohol and other drugs. Children as young as nine years old already start viewing alcohol in a more positive way, and approximately 3,300 kids as young as 12 try marijuana each day.² Additionally, about

Let's Make the Connection - PARENT PAGE

PLEASE SHARE—HELPFUL INFORMATION



five in 10 kids as young as 12 obtain prescription pain relievers for nonmedical purposes.³ The earlier you start talking, the better.

The Older Kids Get, the More Likely They'll Try Alcohol or Drugs

About 10 percent of 12-year-olds say they have tried alcohol, but by age 15, that number jumps to 50 percent. Additionally, by the time they are seniors, almost 70 percent of high school students will have tried alcohol, half will have taken an illegal drug, and more than 20 percent will have used a prescription drug for a nonmedical purpose.⁴ The sooner you talk to your children about alcohol and other drugs, the greater chance you have of influencing their decisions about drinking and substance use.⁵

Not Talking About Alcohol and Other Drugs Still Sends Kids a Message

Kids don't always have all the facts when it comes to alcohol and other drugs. If parents don't talk about the risks of underage drinking and substance use, their kids might not see any harm in trying

alcohol and other substances. Having a conversation allows parents to set clear rules about what they expect from their kids when it comes to alcohol and other drugs.

References

- ¹ National Scientific Council on the Developing Child. (2004). *Young children develop in an environment of relationships*. Working Paper No. 1. From <http://developingchild.harvard.edu/wp-content/uploads/2004/04/Young-Children-Develop-in-an-Environment-of-Relationships.pdf> (accessed June 19, 2018).
- ² Substance Abuse and Mental Health Services Administration. (2018). *Key substance use and mental health indicators in the United States: Results from the 2017 National Survey on Drug Use and Health (HHS Publication No. SMA 18-5068, NSDUH Series H-53)*. Rockville, MD: Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration.
- ³ Lipari, R. N., & Hughes, A. (2017). *The CBHSQ Report: How people obtain the prescription pain relievers they misuse*. Rockville, MD: Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration.
- ⁴ Johnston, L. D., O'Malley, P. M., Miech, R. A., Bachman, J. G., & Schulenberg, J. E. (2014). *Monitoring the Future national results on drug use: 1975–2013: Overview, Key Findings on Adolescent Drug Use*. Ann Arbor: Institute for Social Research, The University of Michigan.
- ⁵ U.S. Department of Health and Human Services. (2007). *The Surgeon General's call to action to prevent and reduce underage drinking: A guide to action for educators*. Washington, DC: U.S. Department of Health and Human Services, Office of the Surgeon General.

SMA-18-5076

Let's Make the Connection - PARENT PAGE PLEASE SHARE—HELPFUL INFORMATION

50 Easy Ways to Be a Fantastic Parent

We've gathered our all-time favorite parenting tips from our board of advisors in one outstanding article that will have a profound effect on your whole family.

There are no perfect parents, but there are plenty of things you can do that will make you a fantastic one. Throughout the year, our board of advisors—a brain trust of the best pediatric doctors, developmental experts, and educators in the country—shares the latest thinking about raising happy and healthy kids.

Now we've gathered our all-time favorite nuggets of advice in one place. Broadly speaking, this is what the experts say about how to be a good parent:

- ◇ Set limits
- ◇ Spend quality time with your kids
- ◇ Be a good role model
- ◇ Praise your kids
- ◇ Trust yourself
- ◇ Teach your kids social skills
- ◇ Teach gratitude
- ◇ Make meal time family time
- ◇ Say "I love you"
- ◇ Encourage physical activity
- ◇ Keep up with your kids' routine health care



[CLICK HERE](#) to Read on to learn more about what this looks like in practice and how to put these expert tips to good use.

