



# What Parents Need to Know

LOOK

LISTEN

ACT

**Parenting can be hard....  
we can make it easier!**

There aren't enough hours in the day. Sometimes it's frustrating how few chances there are to have conversations with your children. Yet the better you communicate, the more at ease your teen will feel about discussing sensitive issues with you.

Here are some tips:

1. Be clear about your expectations – don't leave anything open to interpretation
2. Be a better listener – ask questions and repeat what you've heard
3. Get the facts – don't make up what you don't know
4. Use teachable moments – TV ads, songs on the radio
5. Role play – practice refusal techniques

## Want more parenting tips?

Seven Valleys Council on Alcoholism and  
Substance Abuse, Inc.  
29 Central Avenue, Cortland NY 13045  
607-756-8970 or [www.7ycasa.org](http://www.7ycasa.org)

Or view the following websites:

• [www.theantidrug.com](http://www.theantidrug.com)

• [www.drugfree.org](http://www.drugfree.org)

• [www.factsontap.org](http://www.factsontap.org)