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Thanks to everyone who followed the book chat on LinkedIn and Facebook

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Be sure to follow us for Daily #Drug Fact Updates @MilesToGoDrugEd &

<http://milestogodruggeducation.com>

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This transcript will be posted on our website's Mother's Checklist Page #moms

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Thanks for joining us in our 1st book chat send an email if you have questions for future book chats.

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Numerous studies say around 20% of all 8th graders have been drunk outside the presence of an

adult #moms <http://tinyurl.com/23jy5s4>

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Why we start young: Around the world, inhalant abuse in children begins well before the age of ten.

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and many start smoking by age 13. You can't wait until middle school to talk to your kids about tobacco #moms <http://tinyurl.com/23jy5s4>

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Why we start young: Almost 90% of all smokers begin before the age of 19, #moms <http://tinyurl.com/23jy5s4>

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talk to our kids about #drugs and alcohol in an educational and age-appropriate way. #moms <http://tinyurl.com/23jy5s4>

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tell your 4 year-old that tobacco is bad, Answer their questions, but don't give too much information. #moms <http://tinyurl.com/23jy5s4>

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Medicines can be bad for you if you don't follow dosage instructions; all problems R not solved by taking a pill. #moms <http://tinyurl.com/23jy5s4>

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Further opportunities to discuss #drugs will arise each time your children take medicine. #moms <http://tinyurl.com/23jy5s4>

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You can say they are cause your teeth to yellow and give you premature wrinkles. #moms <http://tinyurl.com/23jy5s4>

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You can say they are unhealthy, smelly, pollution-spewing tubes of nastiness #moms

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You can discuss w/ your four-year-old child the notion that cigarettes are dangerous, #moms

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every age group will have a limited range of what is an appropriate level of information. #moms

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Every child will have a different comfort level, #moms <http://tinyurl.com/23jy5s4>

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constantly be mindful of the age and emotional resilience of the child you are speaking to at the moment. #moms <http://tinyurl.com/23jy5s4>

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We have tons of info on our website, there is no need to make things up-educate yourself a little each day #moms <http://tinyurl.com/23jy5s4>

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and certainly don't fall back on the old adages about fried brains. #moms <http://tinyurl.com/23jy5s4>  
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if your child asks a question you don't know the answer to, don't make stuff up; #moms  
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...you have to be careful to not over-answer. #moms <http://tinyurl.com/23jy5s4>  
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Even when your child presents you w/ what appears to be the perfect opportunity to talk... #moms  
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Sorry, we jammed twitter here  
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keep your eyes peeled for billboards with alcohol advertisements or anti-drug messages as you drive.  
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Watch for anti-drug ads on TV, #moms <http://tinyurl.com/23jy5s4>  
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You want to avoid confusion and take advantage of the teachable moments these incidents provide.

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It does mean that you should watch what your children watch, and discuss with them what you have

seen. #moms <http://tinyurl.com/23jy5s4>

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Everyone knows we are #Disney junkies- Part 4 - Everything I Ever Learned About Parenting I

Learned At #Disney #moms <http://tinyurl.com/23jy5s4>

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—that doesn't mean we think these movies are bad for your children. #moms

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Cruella De Vil smokes cigarettes in 101 Dalmatians, and Linguini gets drunk in Ratatouille...#moms

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...they are also exposed to their existence and use via the various media at ever younger ages.

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Not only are kids using #drugs and alcohol at increasingly earlier ages... #moms

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That does not mean, however, they need all the information available. #moms

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In our complex, media-saturated world, our young children (as young as four) need & can handle #drug information. #moms <http://tinyurl.com/23jy5s4>

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“Earlier than you might think, but not in the way you might think,” #moms

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Discussion 1: How early do we start talking about #drugs, and how do we go about it? #moms

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... young people have the same basic needs-they want to feel safe, loved, listened to, liked, capable & important. #moms <http://tinyurl.com/23jy5s4>

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Every child is unique, efforts to make one technique fit them all will certainly lead to frustration;

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... and yet there is no one thing that will keep young people safe. #moms <http://tinyurl.com/23jy5s4>

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When it comes to substance abuse, #parents the world over want their kids to be protected... #moms

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the core goal of the checklist is to make sure that #drugs and alcohol never become issues. #moms

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We did think that moms and dads would grab a quick read and mark things off on a checklist.

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...have little or no desire to curl up with a cup of cocoa and a #drug abuse prevention book. #moms

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Years ago, when we first considered writing our handbook series, we decided that most people...

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...no profanity please. All #parents and caregivers are welcome; it's not just for moms #moms

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Feel free to lurk at the conversation, join in with a comment or question, #moms

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...and unwanted pregnancies, and less likely to end up in jail or an early grave. #moms

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Our goal is to keep kids from addiction & rehab, free from sexually transmitted diseases... #moms

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...have the capacity to keep our kids away from #drugs and alcohol #moms

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How we talk to our kids, the patterns we establish in our lives, & the skills we teach & model...

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and it is an exploration of the power those little things have to shape our children's futures.#moms

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This book is a checklist of all the little things we say and do; #moms <http://tinyurl.com/23jy5s4>

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the tools they need to keep kids safe in a world full of #drugs.#moms <http://tinyurl.com/23jy5s4>

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The 2nd in our handbook series designed to provide #parents & anyone working with young people...

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Our newest book is The Mother's Checklist of #Drug Prevention: All The Little Things We Say and

Do. #moms <http://tinyurl.com/23jy5s4>

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All of our book chat discussions can be found on our website publications page #moms

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We are writing our 3rd book about #drug prevention parenting called Where's The Party #moms

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– most of our writing has little to do w/drugs and more about parenting. #moms

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We are a #drug prevention education lecture series in schools in Southern California. #moms

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Welcome to our first book chat! You can join w/o reading the books. #moms

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