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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 2nd book chat send an email if you have questions for future book chats. #moms <http://tinyurl.com/23jy5s4>

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but you frame it in such a way as to rarely have to tell them no. #moms <http://tinyurl.com/23jy5s4>

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If your children want something, they'll have to do something in order to get it, #moms

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Proactive: put your children's passions on the other side of their obligations. #moms

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Reactive language: "No! You're not playing Wii until after you do your job! This laundry's been sitting all day." #moms <http://tinyurl.com/23jy5s4>

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Set a timer-30 minutes of play, when it goes off, you can come help me shred some lettuce for tonight's salad." #moms <http://tinyurl.com/23jy5s4>

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Proactive language: "Yes, you can play Wii, if you'll just help me fold this basket of laundry first." #moms <http://tinyurl.com/23jy5s4>

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but finding a way to say yes while still getting the same result is infinitely preferable. #moms

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You have the right to say no to anything that represents a threat to your children's safety and health, #moms <http://tinyurl.com/23jy5s4>

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The trick is in knowing how & when to use each, & how to use the word yes to open up completely new worlds of no. #moms <http://tinyurl.com/23jy5s4>

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It is also, however, perfectly OK to say yes to your children as well. #moms

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It's perfectly OK to say no to your children-but we regularly see #parents who struggle w/use of this simple word #moms <http://tinyurl.com/23jy5s4>

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@

@familiymoms Thanks for retweeting - join us anytime for more book chats

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Discussion 3. Yes and no talk. #moms <http://tinyurl.com/23jy5s4>

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“Let’s look at all the options,” or, “I have to do it this way. This is the way I’ve always done it.”

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“I can make this work,” or, “I don’t think this will work.” #moms <http://tinyurl.com/23jy5s4>

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“I can do a cartwheel, if I just practice enough,” or, “I tried it once, and I fell. I can’t do cartwheels.” #moms <http://tinyurl.com/23jy5s4>

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“I can do this,” or, “I’m not sure I can do this.” #moms <http://tinyurl.com/23jy5s4>

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they gain the confidence to be the authors of their personal stories. #moms

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and to see that there are always multiple options on how to deal with any given situation, #moms

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When they learn to view situations as changeable and controllable, rather than preordained,

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can come into play when they need to deal with offers of #drugs and alcohol at parties. #moms

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it gives them a sense of power and confidence; and this sense of self-direction #moms

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When your children see they can exert control over how they see situations, #moms

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you help them to shade situations positively and to expect positive outcomes versus negative.

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By teaching your children to change “can’t” language into “can” language, #moms

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...to create situations as opposed to blindly reacting to them as they occur. #moms

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When you use positive proactive speech, you show your children that you are doing your best...

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and the belief that they are in large part the masters of their own destiny. #moms

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their perceptions about their lives and futures, how they relate to their friends and social influences, #moms <http://tinyurl.com/23jy5s4>

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in the relationships we build with them, how they respond to us, #moms <http://tinyurl.com/23jy5s4>

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The pattern of communication we set up with our young children plays a powerful role #moms

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One of the biggest agents of change is using and teaching positive proactive language. #moms

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Remember our mantra-reducing substance use by young people has very little to do with knowing a lot about #drugs. #moms <http://tinyurl.com/23jy5s4>

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The way we speak to them is an important part of reaching these goals. #moms

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To keep them safe, we must instill a sense of strength, self-esteem and responsibility in them as they grow. #moms <http://tinyurl.com/23jy5s4>

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facebook has jammed, so it may end up double posting for this book chat!

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It can help them to realize their full potential and avoid the pitfalls of #drug and alcohol use.

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patterns of language have the power to shape the skills and resiliencies in our children #moms

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and its commitment to creating an action as opposed to responding to one. #moms

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with positive proactive language we have a means of communicating that is marked by its

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

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Effective communication acts directly to reduce one of the major reasons cited for using #drugs & alcohol—stress. #moms <http://tinyurl.com/23jy5s4>

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Properly directed conversations can establish patterns of language that help children communicate effectively #moms <http://tinyurl.com/23jy5s4>

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can literally lead them toward or away from substance use. #moms <http://tinyurl.com/23jy5s4>

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Much of this handbook is dedicated to the idea that the way we converse w/ our children #moms <http://tinyurl.com/23jy5s4>

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Discussion 2. Changing reactive speech to proactive speech. #moms <http://tinyurl.com/23jy5s4>

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Pick a subject and try to educate yourself a little each day. We have info at our website #moms <http://tinyurl.com/23jy5s4>

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You don't have to tell them everything. Look for and take advantage of every opportunity to talk.

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Information should be in context, age-appropriate, and truthful. #moms <http://tinyurl.com/23jy5s4>

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From last chat: Lessons Learned: When to Start Talking-You can start talking about #drugs earlier than you think. #moms <http://tinyurl.com/23jy5s4>

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... and yet young people want to feel safe, loved, listened to, liked, capable and important. #moms

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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

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

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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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Don't be misled by the fact that there is very little direct discussion about #drugs—#moms

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We did think, however, that moms and dads would grab a quick read and mark things off on a checklist. #moms <http://tinyurl.com/23jy5s4>

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

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

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All #parents and caregivers are welcome; it's not just for moms. #moms

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You can view the previous book chat part 1 here or on our website #moms

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Feel free to lurk at the conversation or join in with a comment or question, no profanity please.

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and less likely to end up in jail or an early grave. #moms <http://tinyurl.com/23jy5s4>

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...Out of addiction and rehab, free from sexually transmitted diseases and unwanted pregnancies,

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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, and the skills we teach and model

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

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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 2nd provides #parents-anyone working w/ young people tools need ed to keep kids safe in a world of #drugs #moms <http://tinyurl.com/23jy5s4>

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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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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 second book chat! You can join w/o reading the books. #moms

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