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3rd book chat – 12/17/11

Join our Book Chat # 3 *The Mother's Checklist of #Drug Prevention* Saturday 12/17/11 7am - 8amPST #bookchat #books #moms <http://tinyurl.com/23jy5s4>



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This transcript will be posted on our website's Mother's Checklist Page [#moms](#) <http://tinyurl.com/23jy5s4>

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Thanks for joining us in our 3rd book chat go to our website to send an email w/questions for future book chats.

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Children should actively participate in the creation of your family values statement.[#bookchat](#) [#books](#) [#moms](#)

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This is best done in writing, but it does not have to be overly complex or ornate. [#bookchat](#) [#books](#) [#moms](#)

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If you want your children to know what your family values are, you have to identify & state them [#bookchat](#)

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Lessons Learned: Family Mission Statements - [#bookchat](#) [#books](#) [#moms](#) <http://tinyurl.com/23jy5s4>

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Kids & #parents should agree that family values don't change at the front door-they travel w/ you wherever you go #moms <http://tinyurl.com/23jy5s4>

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All family members need to help create this document-it's critical to everyone investing in it. #bookchat #books #moms <http://tinyurl.com/23jy5s4>

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Find some way to outline and write down your family values. #bookchat #books #moms <http://tinyurl.com/23jy5s4>

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Establish a Pattern: Your Family Mission Statement#bookchat #books #moms <http://tinyurl.com/23jy5s4>

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As you do this, you should also consider an additional step—writing them down. #bookchat #books #moms <http://tinyurl.com/23jy5s4>

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you may want to visit the idea of outlining your family values. #bookchat #books #moms <http://tinyurl.com/23jy5s4>

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If you've ever found yourself beginning a sentence w/ the words, "It should go without saying..." #bookchat #books #moms <http://tinyurl.com/23jy5s4>

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Many #parents think their kids will magically understand these things w/o ever discussing them. #bookchat #books #moms <http://tinyurl.com/23jy5s4>
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you equip them with a set of expectations and beliefs that travels with them wherever they go. #bookchat #books #moms <http://tinyurl.com/23jy5s4>
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When you actively discuss your family's values with your children, #bookchat #books #moms <http://tinyurl.com/23jy5s4>
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Discussion 9. Outlining your family values. #bookchat #books #moms <http://tinyurl.com/23jy5s4>
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Determining your style is the first step in deciding whether you need to or want to change. #bookchat #books #moms <http://tinyurl.com/23jy5s4>
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The style of parenting you employ has profound influence over what type of children you raise. #bookchat #books #moms <http://tinyurl.com/23jy5s4>
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Because we are taught by our parent's styles. #bookchat #books #moms <http://tinyurl.com/23jy5s4>
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and the #parents w/the happiest, well adjusted children are usually authoritative & nurturing. #bookchat #books #moms <http://tinyurl.com/23jy5s4>

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The reasons we choose to parent this way are twofold: 1: lowest rate of substance use; #bookchat #books #moms <http://tinyurl.com/23jy5s4>

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and yet we are nurturing w/ a touch of helicopter thrown in (which we try very hard to watch). #bookchat #books #moms <http://tinyurl.com/23jy5s4>

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be any style other than the one that has the lowest #drug & alcohol use—authoritative parenting #bookchat #books #moms <http://tinyurl.com/23jy5s4>

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it would be ridiculous and irresponsible for us to #bookchat #books #moms <http://tinyurl.com/23jy5s4>

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we spend most of our time & energy working in the field of substance abuse prevention education, #bookchat #books #moms <http://tinyurl.com/23jy5s4>

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We think it's only fair that we outline for you how we see ourselves as #parents. #moms <http://tinyurl.com/23jy5s4>

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What type of parent are you? #bookchat #books #moms <http://tinyurl.com/23jy5s4>

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is associated w/ low academic performance, poor social skills, & high levels of substance use. #bookchat #books

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The lack of communication, esp. if it is a pattern established early in the children's lives... #bookchat #books

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as are the alcoholics wasting their lives in dive bars—both are emotionally neglectful. #bookchat #books #moms

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CEO's who never come home are as emotionally absent from their children's lives #bookchat #books #moms

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The cause of the absence is not necessarily the most important factor here—#bookchat #books #moms

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The absentee parent (or neglectful parent) is absent for large parts of their children's lives. #bookchat #books

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This parenting style offers kids who do well in school & have the lowest rate of drug abuse. #bookchat #books

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w/o fear of being chastised #bookchat #books #moms <http://tinyurl.com/23jy5s4>

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kids of authoritative #parents can openly talk w/ their #parents about challenges they face #bookchat #books

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There is a balance of expectation and warmth, and a high level of communication is the norm. #bookchat #books

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...with explanations about why the rules matter to the members of the family #bookchat #books #moms

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they expect their children to follow, but the expectation of blind obedience is replaced #bookchat #books #moms

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The authoritative parent (AKA the child centered parent) also has a clearly defined set of rules #bookchat #books

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but they also have high rates of substance use and lower levels of academic success. #bookchat #books #moms
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Children w/ no-rules #parents may have better social skills than w/ authoritarian #parents... #bookchat #books
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The indulgent/permissive/free for all parent allows their kids to do whatever they choose. #bookchat #books
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& rebellion found among the children of #parents who employ it. #bookchat #books #moms
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due to the restricted lifestyle, poor social skills, low self-esteem, low self-efficacy, #bookchat #books #moms
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Unfortunately, this style is associated with the highest rates of teen substance use #bookchat #books #moms
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The authoritarian parent (AKA the military parent) expects absolute obedience to a strict set of family rules.
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Discussion 4. Parenting styles. #moms <http://tinyurl.com/23jy5s4> #bookchat #books

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they want to feel safe, loved, listened to, liked, capable and important... #bookchat #books #moms

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... and yet young people as a group have the same basic needs—#bookchat #books #moms

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

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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... #bookchat #books

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

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Don't be misled by the fact that there is very little direct discussion about #drugs—#bookchat #books #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
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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... #moms
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All #parents and caregivers are welcome; it's not just for moms. #bookchat #books #moms
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Feel free to lurk @ the conversation or join in with a comment or question, no profanity please. #bookchat #books #moms
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and less likely to end up in jail or an early grave. #bookchat #books #moms
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have the capacity to keep our kids away from #drugs and alcohol #bookchat #books #moms <http://tinyurl.com/23jy5s4>

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How we talk to our kids, the patterns we establish in our lives, and the skills we teach & model...#bookchat #books #moms <http://tinyurl.com/23jy5s4>

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it is an exploration of the power those little things have to shape our children's futures. #bookchat #books #moms <http://tinyurl.com/23jy5s4>

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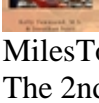


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the tools they need to keep kids safe in a world full of #drugs. #bookchat #books #moms <http://tinyurl.com/23jy5s4>

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Our newest book is The Mother's Checklist of #Drug Prevention: All The Little Things We Say and Do. #moms
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All of our book chat discussions can be found on our website publications page #moms #bookchat
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most of our writing has little to do w/drugs and more about parenting. #moms #bookchat
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We are a #drug prevention education lecture series in schools in Southern California. #moms
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Teens choose water when calorie count of sugary beverages is easier to understand:

<http://www.sciencedaily.com/releases/2011/12/111215232553.htm#.TuysGKPnS9w.twitter> via @AddThis