

SAMPLE CONVERSATIONS

At your dinner table:

- Discuss the importance of eating before and while drinking – talk about how you feel the effects of alcohol faster on an empty stomach.
- Alternate alcohol with water or other non-alcoholic drinks to pace yourself.
- If you allow your child to have some alcohol, make sure your child knows that alcohol use is only acceptable when you are present and when you give permission. Don't permit drinking outside of the home with friends. Make sure your rules are clearly established.
- Use this opportunity to learn about how alcohol affects your body.