



Six Parenting Practices - Help Reduce the Chances Your Child Will Develop a Drug or Alcohol Problem

Developed by [Partnership to End Addiction](#)

Parents often think that friends are more important to their teenager than they are.

But studies and clinical experience suggest that parents can influence their teens.

[Partnersip for Drug Free Kids](#) has developed a 12-page guide complete with Risk Factors, Do's and Don'ts, and Conversation Tips.

Here are the 6 research-supported parenting practices to set you on the right path:

- Build a Warm & Supportive Relationship with Your Child
- Be a Good Role Model When It Comes To Drinking, Taking Medicine & Handling Stress
- Know Your Child's Risk Level
- Know Your Child's Friends
- Monitor, Supervise & Set Boundaries
- Have Ongoing Conversations & Provide Information About Drugs & Alcohol

To learn more, download the 12 page booklet. There are no guarantees — even the smartest, best-skilled, most caring parents in the world have problems with their children. Information alone is unlikely to solve complicated problems and nothing takes the place of a good clinical opinion for serious issues. But getting reliable information is an important first step. Despite how powerless you may feel, we want to encourage you: **Don't give up on your teenager or your power as a parent.**

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