

# Help Your Kids Make Healthy Decisions.

## PARENTING MATTERS!

**Stay Involved.  
Help Kids Find  
Positive Things to do.**



Studies show positive activities help kids stay away from risky behaviors.  
But parents often ask: *How can I stay involved in my teen's life?*

### **Start a conversation, then listen!**

1. Show genuine interest in their activities and concerns.
2. Listen with respect.
3. Ask about songs, music groups, fashion, TV shows or movies.
4. Ask your child to show you their favorite game or website. Ask them to teach you something new.
5. Share *your* interests.

### **Look for fun and challenging activities for your child and participate when you can.**

1. Spend some time together every day. Even 15 minutes of uninterrupted attention matters.
2. Eat meals together as often as possible.
3. Encourage participation in supervised activities — community service, sports, art, music, drama.
4. *Fun Things To Do* in the Watertown Tab lists many community events and activities.



**TALK IT UP!  
LOCK IT UP!**

Everyone wins when kids don't drink



For more information call 617-926-3600 or [www.watertownyouthcoalition.org](http://www.watertownyouthcoalition.org)

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