

Informed and Effective Parenting – Their Importance to Alcohol, Tobacco, and Other Drug Prevention

Research has shown the link between critical parenting factors and youth substance use and abuse prevention. Increasing informed parenting and effective parenting are important components of preventing alcohol, tobacco, and other drug use, and related risk behaviors in children and youth.

Factors research has shown to relate to a reduction in ATOD use among youth.

- 1) Parents' knowledge about youth ATOD use (effects in brain & body, addiction, rates of use, why youth use, child developmental stages).
- 2) Parenting skills (communication, building positive parent-child relationships, setting clear expectations, rule setting, consistent discipline, appropriate monitoring/supervision, managing family conflict).
- 3) Parental role modeling (setting a good example, parental use of ATOD).
- 4) Knowledge of risk and protective factors (individual, family, community).
- 5) Knowledge of individual and family risk for alcohol problems and the use of other drugs; and protective factors that prevent or delay onset of youth alcohol, tobacco, and other drug use.
- 6) Parents' attitudes and behaviors about youth/underage alcohol use, and tobacco and other drug use;
- 7) Environmental/community influences that prevent and/or promote underage drinking (social norms, product availability, media promotion); and the use of tobacco and other drugs, and the misuse of prescription drugs.
- 8) A comprehensive system of prevention and intervention which addresses all domains in a person's life to effectively reduce substance abuse.

Prevention professionals and volunteers and others working to impact the family domain can implement the following strategies:

- Raise awareness with parents and caregivers
- Provide education and skill building opportunities
- Review the multiple roles of parent engagement in prevention (individual / family / community)
- Provide guidance, tools, and resources for prevention and intervention at key transitional and developmental stages
- Assist parents in understanding family dynamics
- Provide meaningful, up-to-date research-to-practice knowledge, application, and opportunity.

Some sources: <https://www.stopalcoholabuse.gov/parents.aspx> ♦ <http://www.theantidrug.com>
♦ <http://drugabuse.gov/pdf/prevention/redbook.pdf> ♦ <http://pubs.niaaa.nih.gov/publications/arh21-3/204.pdf>
♦ <http://pubs.niaaa.nih.gov/publications/arh321/16-29.htm>

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