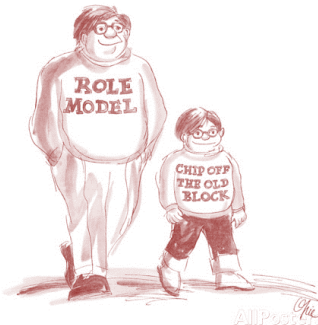


# Kids Follow Our **EXAMPLE** Not Our **ADVICE**

Parents are constantly modeling behavior for kids. What messages do your actions send to your kids?



## Screen time

As media multiplies, it's increasingly difficult to manage kids' screen time. Charging phones in the kitchen (vs. the bedroom) and speaking directly to your family members (vs. texting from room to room) will encourage a "healthy media diet" for our children.

## Social time

Modeling desired behavior is the best way to help children develop socially. Every time you say "please" or lend a helping hand, you are showing your children how you would like them to act.

## WHEN WE DRIVE

Our (future) teen drivers are learning from us, every time we are in the car. The phone is a dangerous distraction.



### Turn off notifications.

The less you hear, the less distracted you are by your phone in car.

**Designate a "texter" in the car.** If you ask your kids to help with your texting, when you are driving, they will learn to do that when it's their turn.

**No excuses.** Be mindful about the "reasons" you give your kids for why it is ok to send that "one" text. "It was Daddy; I just needed to get back to him really quickly." Or, "That was work, I couldn't wait." etc.

### We wear seatbelts because it's safe and good role-modeling.

The same goes for texting and other driving distractions.

## WHEN WE DRINK

Parents need to be aware of the messages that we may be sending about drinking alcohol.



**Have you ever reached for a drink in front of your children saying, "I had tough day"?** This can make alcohol seem like a good way to relieve stress and something that you need to relax.

**Do you tell drinking stories in front of kids?** Laughing about heavy drinking can make alcohol seem necessary to have fun.

**Do you ever encourage your friends to "Have one more" while the kids are waiting to go home?** This could make your kids think that "more drinks mean more fun," and teaches them that peer pressure is okay.



**A message from ARCH.** ARCH is a 501(3)(c) coalition of parents, educators, and community members committed to promoting the well-being of youth in Tredyffrin and Easttown Townships. We serve as a resource to families as they help their children form a positive self-image, make healthy choices, and reduce the use of alcohol, tobacco and other drugs (ATOD). [www.archcares.org](http://www.archcares.org)