

**START TALKING
BEFORE THEY
START DRINKING**

www.kccn-dfc.com

Take
Time
To
Talk
Together

T5

Worksheet 1

Resources for Parents and Kids:

Local Start Talking Campaign
www.kccn-dfc.com

National Site for Families
www.family.samhsa.gov

Washington State website for Start Talking Now
www.starttalkingnow.org

Parents the Anti Drug
www.theantidrug.com

Too Smart To Start
www.toosmartostart.samhsa.gov

The Cool Spot
www.thecoolspot.gov

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What's A Parent To Do?

Right now you are entering the world of the "tween," a new cultural phenomenon. Kids who are not yet teenagers, but who are moving into an age of increased social awareness and pressure, fit this description.

series of six worksheets that are intended for parents and children to look at together. On the back of each worksheet will be a fun family activity.

Tips for Talking

Encourage conversation.

Encourage your child to talk about whatever interests him or her. Listen without interruption and give your child a chance to teach you something new. Actively listening to your child's enthusiastic thoughts paves the way for conversations about topics that concern you.

Right now is an important time to build and strengthen good communication with your child.

The best way to influence your child to avoid drinking is to have a strong, trusting relationship with him or her.

Research shows that kids are much more

This is a critical time to continue to stay connected with your child. And we want to help! Over the next few months you will receive a

likely to delay drinking when they feel they have a close, supportive tie with a parent or guardian.



We hope you find these worksheets helpful in starting conversations with your child.

These worksheets are part of the Start Talking campaign sponsored by the Kittitas County Community Network and Drug Free Communities grant.

Happy talking!

For more information on Start Talking go to

www.kccn-dfc.com.

Win Prizes: Take The T5 Family Challenge

Join other families in Kittitas County for the T5 Challenge! Over the next few weeks you will be receiving a total of six *T5 Worksheets*.

As you and your family complete the family activities on the back of each worksheet go on line and let us know. Go to www.kccn-dfc.com and

Every time your family completes a worksheet go to:

Go to www.kccn-dfc.com

The more worksheets you complete the more prizes you could win.

click on the T5 Family Challenge.

The more worksheets you complete the more prizes you

can enter to win.

Check out the website www.kccn-dfc.com to find out more information about prizes.

If your family would like to be part of the challenge but you don't have internet access, just give us a call and we will sign you up, (509) 962-9775.

These are a Few of My Favorite Things...

Make a list:

- Sit down with your child and each of you make a separate list of your five favorite activities.
- For example, you could list time spent with your kids, a good meal, a good book, watching a favorite movie, spending time with friends, participating in a sport or hobby, or enjoying school vacations.
- Try to think of free activities, and not just those with a cost.

After you both finish your lists, talk about them:

- What makes this item on the list special?
- What is it about this item that you enjoy the most?
- Which activities can you do alone?
- Which activities are best with a friend?

Make a plan:

- Decide on an activity you can do together this week and schedule it in!

Mirror, Mirror, on the Wall...



Sit down with your son or daughter. Be sure each of you have pen and paper to complete the following activity:

- Ask the question "When I look in the mirror, I like what I see because I know that I...."
- Parent: How would your daughter or son finish this sentence? Write down three of your child's best qualities.
- Child: How would you finish this sentence? Write down three of your best qualities.
- Include skills like problem solving, dancing or sports, and qualities such as compassion, confidence, and friendliness.
- Now compare your lists.



My Favorite Things (child)

1. _____
2. _____
3. _____
4. _____
5. _____

My Favorite Things (Parent)

1. _____
2. _____
3. _____
4. _____
5. _____

