

Building Communication for a Healthy Lifestyle

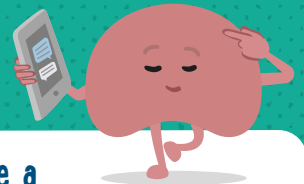
Parents are the #1 influence on their kids' decisions to drink—or not drink—alcohol. Open lines of communication are important as kids get older and may have more questions. Our brain characters are here to offer suggestions on how you can break the ice with your kids to keep conversations flowing.

Make them the expert.

- Ask about something your kids are passionate about: baseball, music, art, food, or videogames.



Teach them to say YES to a healthy lifestyle and NO to underage drinking.



Have a silent conversation.

- For kids who may find it hard to open up face-to-face, use text messages or email to exchange sentiments and feelings.

Relax during your quality time.

- Cheer on your favorite sports team.
- Cook dinner together or try a meal service.
- Complete a home project together.



Pull out old photos or videos from when they (or you!) were young.

Stay Positive.



Plan out a weekend vacation or staycation.

- Conversations flow while you're having fun at a bowling alley, on a hike, at the beach, or during a picnic.



These conversations should be easy and a regular part of your relationship with your kids. Build strong bonds and help your kids say "YES" to a healthy lifestyle and "NO" to underage drinking.

Keep it authentic.

Ask thoughtful questions with open-ended answers.

- What was the best part of being a little kid?
- When you are a parent, what will you do differently?
- What do you think adults do all day?
- If you could start your own business, what would it be?