

# SAFE HOMES PARENTS NETWORK

"Parents, guardians and community working together for drug-free, violence-free youth."

## PARENTING CHARACTERISTICS COMMON AMONG PARENTS OF DRUG-FREE YOUTH



- 1. Set expectations of independent functioning coupled with warm support.**
- 2. Realize that *working* with children is more important than *playing* with children.**
- 3. Refrain from reflecting personal needs through children.**
- 4. Address core problems rather than only treating the symptoms of alcohol, tobacco, or other drug use, sex, or vandalism,**
- 5. Help children experience academic success. Sixty percent of students under 18, using alcohol and other drugs, experience some level of failure in school.**
- 6. Implement a strict overall strategy before 12 years of age. Then loosen up after 12 years of age.**
- 7. Insure mothers are accessible for problem solving, since most often children go to mothers. *Very important!***
- 8. Insure children have comfort level in one-on-one relationship with fathers.**
- 9. Insure fathers devote as much energy to their children as to their career.**
- 10. Establish rules regarding homework, television, chores, etc. Establish clear, consistent rules and consequences regarding alcohol, tobacco, and other drug use.**
- 11. Set age-appropriate expectations of children.**
- 12. Use authoritative, *not authoritarian* style of parenting.**
- 13. Communicate values to children before 12 years of age.**



~ Michael DeCarla & Roger Gisseman, Salt Lake County Alcohol & Drug Division (based on Robert Coombs & J. Landsverk, University of UCLA)