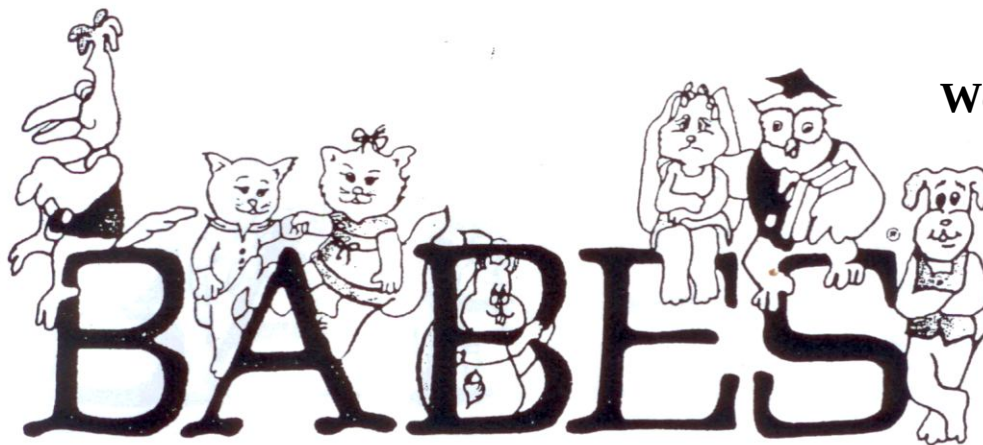




Week 4

Donovan Dignity says: Learning about drugs and medicine is as easy as 1-2-3:

- | | |
|----------------|---|
| Step 1: | Never take medicine or drugs without an adult helping you. |
| Step 2: | Medicines and drugs are for helping sick people get better, not for playing. |
| Step 3: | Medicines should be put up and away so babies and children can't use them at the wrong time. |

Dear Parent/Guardian:

Today your child learned about good drugs and bad drugs. Good drugs are medicines that help people get well. Bad drugs are those that people take to change the way they feel. Children learned how to make healthy decisions and never to put unknown substances into their mouths.

Some activities you can do to reinforce this learning include:

- Ask you child to look through books and magazines and cut out pictures of foods that are good to eat.
- Cut out pictures about things that are not good to put into their mouth and things that are OK. Make sure they understand why.
- Role-play from whom your child may accept medicines. Make sure they understand why.
- Talk about the fact that medicine is not candy even though it may look and taste like flavors they like. Demonstrate this with a piece of candy and a vitamin that may look alike.

Remember, children learn more from what we do than what we say. Examine your own behavior regarding medicines, even over the counter ones. Think about and talk with your child about alternatives to drugs (for example, instead of taking pills to sleep, talk about getting exercise and relaxing; instead of taking pills to lose weight, talk about healthy diet and exercise).

Turn Page Over



BABES LESSON 4: ALCOHOL AND OTHER DRUG INFO

Dear Parents/Guardians:

This week our BABES lesson focused on alcohol and other drug information. Your child learned that alcohol is a drug that affects one's mind and body. Your child also learned that alcoholism is a disease. We also discussed drugs and the difference between prescription drugs and illegal drugs.

I encourage you this week to discuss alcohol and drugs with your child. If you listen and respond to your child sensitively, you may be able to help prevent problems from developing later. Remember – the home is where most American youth are first introduced to alcohol, and it is important that children receive very clear and consistent messages about appropriate use of alcohol, tobacco and other drugs.

SOME HELPFUL TIPS:

- Be aware of your own alcohol use – frequency, amount, occasion, etc.
- Provide choices, such as soda or juices when serving alcohol.
- Before serving or offering alcohol to a child as part of a religious or special celebration, parents need to tell them that alcohol is a drug which affects the body and mind and can cause problems for some drinkers.

ACTIVITY:

Discuss advertising of alcoholic products, advising your child that the purpose of ads is to sell products. Here are some questions to start the discussion:

1. Is that advertisement trying to sell you something? If so what?
2. Is that product healthy for you?
3. What is the sponsor doing to try to get you to buy the product?
4. Is the ad telling you the whole truth about the product?