

# A Dozen Prevention Tips for Parents

*to promote healthy lifestyles and prevent risky behaviors*



## Parents as Nurturers

- Look directly at your child when she talks to you and listen without interruption.
- Express your love and respect with your words and actions.
- Allow your child to make choices within safe, healthy, and respectful limits.

## Parents as Advocates

- Work in partnership with your child's teachers and caretakers for your child's safety and success.
- Find community resources and information for yourself and your child so you can thrive in a complex, ever-changing world.
- Voice your opinions to your local, state, and federal representatives on issues affecting children and youth.

## Parents as Teachers

- Teach by modeling--behave as you want your child to behave.
- Spend time with your child doing things you both enjoy.
- Speak the truth--be willing to admit mistakes and discover new solutions for yourself and your child

## Parents as Policy-Makers

- Explain clear, specific, and age-appropriate rules to your child about health, safety, and respect for self and others.
- Ensure safe, consistent consequences for broken rules.
- Know where your children are at all times.

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