Parent Conversation Guide

Why Small Conversations Make a Big Impression

- Short, frequent discussions can have a real impact on your daughter's decisions about alcohol.

Lots of little talks are more effective than one "big talk."

- Sitting down for the "big talk" about alcohol can be intimidating for both you and your daughter. Try using everyday opportunities to talk— in the car, during dinner, or while you and your daughter are watching TV. Having lots of little talks takes the pressure off trying to get all of the information out in one lengthy discussion, and your daughter will be less likely to tune you out.

When you do talk about alcohol, make your views and rules clear.

- Take the time to discuss your beliefs and opinions about alcohol with your daughter. Be honest and express a clear, consistent message. When she feels that you're being real and honest with her, she'll be more likely to respect your rules about underage drinking.

Remember that the conversation goes both ways.

- Although talking to your daughter about your thoughts about alcohol is essential, it's also important to hear their point of view. Give your daughter the opportunity to ask you questions, and listen to what she has to say. Children who have parents who listen to their feelings and concerns are more likely to say "no" to alcohol.