

Your drinking habits become your child's drinking habits.

Kids start having opinions about drinking alcohol as early as 8 years old — partly based on what they see their parents doing. So think about your drinking habits, and how you can model healthy choices for your children.



Kids copy your choices, behavior, and attitudes.

Research shows kids are aware of when parents are drinking, and even understand why parents are drinking, too.

TIP: Cut down on how often kids see you drink by waiting until after their bedtime.



A daily drink or two adds up.

Experts say heavy drinking is 15+ drinks per week for men and 8+ drinks for women.

TIP: Alternate your alcoholic drink with a fizzy water or another non-alcoholic treat.



One less drink = one more great example.

If you choose to drink, do it in moderation. Your kids will notice!

TIP: Do half-alcohol cocktails or serve them in smaller glasses to cut back.

Have small talks with your kid about drinking.

Talk about your wiser drinking choices and the danger of underage alcohol use. It'll set the stage for open conversations in the future.

TIP: Choose an event where you won't drink alcohol — then explain why to your kid.

Get underage drinking facts, talk tips and more at SmallTalksWI.org

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