Special Topics

*What should you say when your child asks if you did drugs? Time to Talk*

*Should parents snoop?* Dr. Drew says, “If your child has something to hide, you need to know about it.” For your child’s safety:

- Conduct room and backpack checks.
- Check the computer’s internet browser history. Keep computers in common areas (e.g., living room). Install parental control software or Internet filters.
- Monitor cell phone use and face book.
- Check out suspicious packages arriving by mail. Drugs can be bought online.

*Media and Substance Use*

The attitude of children and teens towards alcohol, tobacco, other drugs (including prescriptions and over-the-counter medications) are formed by their environment. Ads that promote medications, movies that glamorize alcohol and drugs, and events that market alcohol and tobacco create a positive attitude toward these substances. Research indicates that advertising is responsible for up to 30% of alcohol and tobacco use by teens. *(AAP)*

**Tips to Limit Screen Time**

1. Limit total screen time (TV, computer, videogame) to 1-2 hours per day.
2. Remove screens from children’s bedrooms.
3. Discourage TV viewing for children younger than 2 years, and encourage more interactive activities that promote proper brain development (e.g., talking, playing, singing and reading).
4. Monitor the shows/games children and teens view/play. Most should be educational and nonviolent.
5. View TV with children and discuss the content.
6. Encourage alternative entertainment (e.g., reading, athletics, hobbies, board games and creative play).
7. Eliminate background TV; turn off during meals. Designate one day a week a screen-free day. Use parental locks.
8. Avoid using screen time as a reward.
9. Be a good role model by limiting your own screen time.
10. Encourage caregivers and other adults in your child's life to follow these tips. *(AAP) (MAYO)*