



Raising Drug-Free Kids: 100 Tips for Parents

Aletha Solter

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In a nation where an estimated 25 percent of high-school seniors use illegal substances on a monthly basis, parents are wise to be concerned about setting their children on a drug-free course. While much advice handed out these days focuses on teen behavior and on what to do once drugs have become a problem in the home, *Raising Drug-Free Kids* takes an innovative approach and focuses instead on *preventative* measures that can be followed early on in a child's life. Developmental psychologist and parent educator Aletha Solter provides parents with simple, easy-to use tools to build a solid foundation for children to say "no" to drugs. Organized by age group, from preschool through young adulthood, the handy 100 tips will show parents how to help their children to: Feel good about themselves without an artificial high. Cope with stress so they won't turn to drugs to relax. Respect their bodies so they will reject harmful substances. Have close family connections so they won't feel desperate to belong to a group. Take healthy risks (like outdoor adventures) so they won't need to take dangerous ones.



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