

KNOW THE POWER OF PARENTS.

In this section of **KNOW the Power of Parents eNewsletter** , we will focus on a different topic each quarter. In this issue we consider "Lead by example: drink legally and responsibly."

KNOW the Power of Parents

As a parent I can ...

- Remember my influence on my child's decision making
- Be open in my communication and set clear limitations
- Set curfews and enforce them
- Remove temptation by locking up liquor and prescription medications
- **Lead by example: drink legally and responsibly.** Just as you influence your kids to do the right thing, they too monitor your behavior around alcohol, cigarettes, and prescription drugs. Be responsible in your use and model legal and healthy ways to consume alcohol.
 - **Partnership for a Drug-Free America** www.drugfree.org
This site has resources to empower you if you suspect someone you love may have a problem with drugs or alcohol.
 - **"Is my drinking risky?"**
At www.AlcoholScreening.org , learn the answer to this question by taking a confidential online screening to assess your drinking patterns. Visitors to the free health-screening website receive personalized feedback to discover if their alcohol consumption is within safe limits - or if it may harm their health now or in the future. They also find out whether they drink more or less than other people of their age and gender.

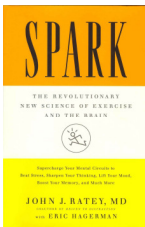


Eat. Talk. Connect! © Carver County Health Partnership used with permission.

Dr. David Walsh writes, "We have to stay connected with our kids. Whether or not they ever get involved with alcohol or drugs, adolescents need to know that their parents know about and care about what goes on in their lives." This summer, take the time to enjoy family meals or snacks and family outings such as bike rides, walks, boating, picnics, etc. Spend quality, intentional, family time together. That's when relationships are affirmed, the news of the day is shared, and coming events are discussed - a reconnection with those we most care about. Make time for it!

Family mealtimes are one of the best ways to build connections and to transfer values to the next generation. Research shows that children who share several meals - at least three meals every week with their families without the distraction of TV and other technology - benefit in the following ways:

- They are 40-50% less likely to smoke, use drugs or alcohol, or engage in sexual activity.
- They have greater academic success - 40-50% of children eating regularly with their families have an A or B average.
- They eat more nutritionally and have fewer issues such as obesity, anorexia or bulimia.
- They experience less stress and are significantly less likely to be depressed.
- They incorporate family values into their lives.



Our Community Reads

More than 800 people participated in reading and/or attending author John Ratey's lectures on "SPARK: The Revolutionary New Science of Exercise and the Brain." A number of Minnetonka families and staff are moving forward with ideas "sparked" by this activity.

Get your family moving!

Consider participating in these events offered by Minnetonka Community Ed:

- **Minnetonka Youth Triathlon** - May 2 - Grades 2-8 www.minnetonkacommunityed.org
- **Tour de Tonka Bike Ride** - August 1 - All ages www.tourdetonka.org

If you care to suggest a title for the 2009-10 Our Community Reads, please send it to: shirley.snyder@minnetonka.k12.mn.us

Upcoming Opportunities for MHS Parents

- **Minnetonka High School Safe Homes Pledge and Directory**

By signing the Safe Homes Pledge, you promise that you:

- Will not provide alcohol in your home to anyone under the legal drinking age.
- Will not allow the use or possession of illegal substances in your home.
- Will actively supervise parties at your home.

Make your values known, and establish a clear family position on the use of illegal substances. When the community speaks collectively, the message that we value our children's choice "not to use" is strengthened.

Take the pledge and be included in the [2009-10 MHS Safe Homes Directory](#).

- **Countdown to summer** - Read the tips delivered to Minnetonka High School parents in the period leading up to the first day of summer. www.tonkacares.org

Highlight on Parent Resources - Add these websites to your online Favorites:

- **Parents the Antidrug** www.theantidrug.com TheAntiDrug.com was created by the National Youth Anti-Drug Media Campaign to equip parents and other adult caregivers with the tools they need to raise drug-free kids. Working with the nation's leading experts in the fields of parenting and substance abuse prevention, TheAntiDrug.com serves as a drug prevention information center, and a supportive community for parents to interact and learn from each other. Check out the Parent Tips and subscribe to the newsletter by entering an email address on the front page.
- **K12@U** www.k12.umn.edu A new web site from the University of Minnesota will help students to discover opportunities to spark their interests, families to find summer camps and exciting places to visit on University of Minnesota campuses, and preK-12 educators and administrators to find innovative classroom resources and high quality professional development.
- **Parent Institute newsletter** www.minnetonka.k12.mn.us/ParentEd
Find parenting tips - a new tip every day, all summer long!
- **Centers for Disease Control** www.cdc.gov This site has a wealth of information. Most kids don't engage in risky behavior, but for those who do, it can start at a young age. Of particular concern is the "[choking game](#)" which can be very dangerous.

Sign up for Tonka CARES eNews [here](#).

Watch for the August 2009 Back-to-School edition of the quarterly Tonka CARES eNewsletter!

Parent Education Program Survey

Please help us evaluate the Parent Education Program by responding to this [brief survey](#). Thanks!

Tonka CARES Vision is of a community where youth choose not to use and are supported and valued for that choice.



Working Together to Reduce
Underage Substance Use