

## The Power of TALKING

As your children get older, your time begins to become even more valuable. With limited time and growing concerns, parents often wonder if they are doing enough to help their children make the right decisions and know they are loved. There have been numerous studies completed by leading universities indicating that the parents' biggest ally is communicating with your children. Simply by asking how their day was, your child will know that you are interested. It will also allow parents to know something very valuable about their children – who their friends are and what kind of relationship they have.

In addition to the problems of the day, drug use has increased, making this one of the biggest problems faced by parents and children. Communication can also be a powerful tool in the fight against drug use. By simply stating how you feel about drugs, your child can have an increased confidence in standing up to the pressure. At the same time, the discussion about drugs does not have to be detailed in that children tend to see issues as black and white. Be clear about what you believe and the behavior expected of them.

**On-line resource**

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