



# KEEP SHOWING UP. They're still growing up.



## *Why the Small Moments Matter.*

Never underestimate the impact of brief interactions with your teenager.

While they may seem insignificant at the time, those small moments may be influencing your child more than you realize at the time or on the surface.

Try using these interactions to build your child up and promote a life free of underage-drinking.

### **Possible Moments to Discuss the Risks of Underage Drinking**

Rather than discussing the risk of alcohol with your teen over one extensive conversation, try having frequent, small talks. Have the discussions during appropriate times when you both are together.

Consider taking advantage of the moments where it's just you and your teen...maybe in the car on the way to practice, or when you're saying goodnight before bedtime.

Regardless of when you have the talks, make sure that you and your teen are in a good headspace to discuss the subject.

### **Any Time is Better Than No Time**

While you may desire quality time with your teenager, the reality is that this may not play out as you would like. It can be difficult to designate time to spend with your teenager due to both of your busy lives. If this is the case, don't feel defeated.

Instead of spending your energy wishing you had more quality time with your teen, be intentional with any time that you do have with them- even if it's five minutes before they head off to school.

These small windows of time still matter. Try and see them as opportunities to be fully present for your child. Whenever they are around, stay off your phone, provide them your full attention, and be available to really listen.

## Celebrate and Show Up

As a parent, you have the opportunity to be your child's biggest cheerleader. While they may not always receive your support the way that you'd like, don't stop encouraging and rooting them on.

One of the best ways you can show your support is by celebrating and embracing the good in your teen's life. Show your enthusiasm for the positive things they care about and the accomplishments they make.

Even during the 'in-between' or challenges, continue being available for your child. Through difficult moments, offer your encouragement and support. Remind your teen that they are more than their mistakes and that their future is bright.

Source: <https://www.samhsa.gov/underage-drinking/parent-resources/small-conversations>