

JOB'S E-EDITION CLASSIFIEDS SUBSCRIBE



SIGN UP FOR NOTICES ANDROID APP IOS APP

The Mount Airy News

HOME NEWS SPORTS OBITUARIES OPINION FEATURES TV/GAMES

EVENTS PUBLIC NOTICES SHOP LOCAL WEDNESDAY/FRIDAY

AUGUST 9, 2022

HOME > OPINION > Small conversations make a big difference

Small conversations make a big difference

August 2, 2022 John Peters II Opinion 0

By Charlotte Reeves Guest Columnist



Editor's Note: Community Comment is a periodic column in The Mount Airy News featuring commentary from community leaders in Mount Airy and Surry County. This particular column is part of a monthly series on drug abuse prevention and treatment.

Short, frequent discussions can have a real impact on your child's decisions about alcohol.

Talking to your child at an early age about drinking is the first step toward keeping them alcohol-free. But as they enter middle and high school, the pressure to try alcohol increases. It's important to continue the conversation throughout adolescence.

Talking often builds an open, trusting relationship with your child.

WEATHER

Mount Airy, NC 27030

Weather	Wind	Rain	Sun	M
---------	------	------	-----	---

73 °F
Thunderstorms Likely

69 °F 90 °F

68 89 WED	64 84 THU	58 84 FRI
--------------	--------------	--------------

8:50 AM Tue Aug 9 W



ADVERTISEMENT

VIDEO

Children are more likely to avoid drinking when they have a strong, trusting relationship with their parents. Get into the habit of chatting with your child every day. It will make it easier to have serious conversations about things like alcohol and will make your child more comfortable coming to you for advice.

Lots of little talks are more effective than one “big talk.”

Sitting down for the “big talk” about alcohol can be intimidating for both you and your child. Try using everyday opportunities to talk— in the car, during dinner, or while you and your child are watching TV. Having lots of little talks takes the pressure off trying to get all the information out in one lengthy discussion, and your child will be less likely to tune you out.

When you do talk about alcohol, make your views and rules clear.

Take the time to discuss your beliefs and opinions about alcohol with your child. Be honest and express a clear, consistent message that underage drinking is unacceptable. When they feel that you’re being real and honest with them, they’ll be more likely to respect your rules about underage drinking.

As children get older, the conversation changes.

What you say to a 9-year-old about alcohol is different from what you say to a 15-year-old. Children also can’t learn all they need to know from a single discussion. Make sure that the information you offer your child fits their age. As they get older, you can give them more information and reinforce your rules.

Remember that the conversation goes both ways.

Although talking to your child about your thoughts about alcohol is essential, it’s also important to hear their point of view. Give your child the opportunity to ask you questions and listen to what they have to say. Children who have parents who listen to their feelings and concerns are more likely to say “no” to alcohol.

What you do is just as important as what you say.

In addition to talking often with your child about alcohol, it’s important to set a good example. If you choose to drink, you can positively influence your child by drinking in moderation and NEVER driving when you’ve been

ADVERTISEMENT

Auto Racing

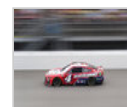
Column: Palou persevering through Ganassi contract chaos



16 hrs ago

Harvick win complicates NASCAR playoff spots in final weeks

17 hrs ago



Dixon eyes record-tying 7th championship after Nashville win

Aug. 07, 2022 09:29 PM EDT



Kevin Harvick ends 65-race drought with 6th win at Michigan

Aug. 07, 2022 08:27 PM EDT

drinking. Be aware of where you keep your alcohol, and always remind your child that the alcohol in your house is off-limits.

Remember, keep it low-key. Don't worry, you don't have to get everything across in one talk. Plan to have many short talks. "Talk with your child. They really do hear you."

If you, or someone you know, would benefit from learning more about "Talk. They Hear You.", please Start Here, by contacting Charlotte Reeves, Surry County Office of Substance Abuse Recovery Community Outreach Coordinator, at reevesc@co.surry.nc.us. Visit our website at surrycountycares.com for more information about substance use disorder and the many resources in our County.

Charlotte Reeves is the Community Outreach Coordinator for Surry County Substance Abuse Recovery Office. She may be reached at 336-401-8218 or reevesc@co.surry.nc.us.



NASCAR Standings

Rank	Driver	Points
1	Chase Elliott	847
2	Ryan Blaney	728
3	Ross Chastain	710
4	Martin Truex Jr	709
5	Kyle Larson	705

[VIEW ALL](#)

Top Searches | Shame

Around The Web



Anyone with Tooth Decay Should Watch This (They Hide This from You)

Trending Reports

ADVERTISEMENT

POLL

Loading survey...



An error has occurred, please try again later