



Tonka CARES

WINTER 2017
ELEMENTARY
SCHOOL
EDITION

KNOW
THE POWER OF PARENTS.

P A R E N T R E S O U R C E G U I D E

National Drug & Alcohol Facts Week January 23-29, 2017

National Drug Facts Week provides an opportunity to remind parents of the dangers exposure to alcohol or drugs pose on young children. Prevent access to alcohol, tobacco and e-cigarettes, over-the-counter medications, prescription drugs, and commonly abused inhalants; **lock up these harmful substances in your home.**

Accidental overdose and poisoning in children is a growing concern, especially as it relates to e-cigarettes and prescription drugs.

- The number of children under 6 poisoned by nicotine in e-cigarettes rose by nearly **1,500%** between **2013 and 2015**. Children in contact with e-cigs were **5.2** times more likely to be admitted to a health care facility and **2.6** times more likely to have a severe reaction, such as seizure, coma or respiratory arrest, than those exposed to traditional cigarettes.
- According to a 2016 report from Safe Kids Worldwide, about **160** children go to a hospital emergency room every day as a result of accidental medicine overdoses. **60,000** young children were seen in ERs across the country in 2013 after ingesting pain relievers, prescription drugs or vitamins that adults left in a place where children were able to reach the medication.

Proper storage profoundly reduces the risk of exposure. For more tips regarding storage and disposal, [click here](#).

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RESOURCES

www.tonkaCARES.org

The Tonka CARES coalition website is a great place to start and has a variety of resources for parents and other community partners

www.drugfree.org

Find age appropriate tips on talking with your kids, information about the developing teenage brain, resources if you suspect your child is using, a free helpline for parents, etc.)

References for this
E-Newsletter

[Click here](#)

TALK EARLY, TALK OFTEN

Kids who know their parents disapprove of underage use are five times less likely to experiment. Healthy communication is critical. Make sure to do the following:

- Establish the habit of listening and sharing early on.
- Be clear about your position on underage use.
- Set reasonable limits and enforce consequences.

Kids who know they can talk to their parents about tricky issues are more likely to do so and receive the benefit of their parents' counsel.

[Click Here](#) for tips for talks.



Tonka CARES Needs You!

Please consider joining other Minnetonka parents, educators, law enforcement, community and business leaders to help reduce the use of alcohol and substances among our Minnetonka youth.

Parent Representatives can help with programming surrounding Tonka CARES mission and attend approximately 1 meeting a month.

For more information on being a parent representative contact

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Mental Health & Sleep

Even elementary students can feel anxious about school. Your child's mental health is just as important as their physical health. To manage stress and anxiety, make sure they are doing the following:

- Eating healthy, balanced meals and keeping hydrated
- Exercising regularly
- Scheduling time to relax--playing with toys, reading, listening to music, yoga, etc.
- Getting adequate amounts of sleep

Sleep deprivation increases the likelihood that your child will suffer from many negative consequences, including inability to concentrate, anxiety and depression. Elementary students need **9-12 hours of sleep a night**. Children who get enough sleep have a healthier immune system, better school performance, behavior, memory, and overall mental health.

For more tips on healthy sleep and your child, [click here](#).



Modeling healthy lifestyle choices will directly impact your child's decision-making as they get older. Children imitate the adults with whom they are closest. Consider how you:

- handle stress and frustration
- respond to problems
- express anger and other emotions
- treat other people
- deal with competition, responsibilities, loss, mistakes
- take care of yourself (what you eat, how much you sleep, how much you exercise)

Modeling responsible behavior as it relates to alcohol and substance use will increase the likelihood that your child will not engage in risky experimentation during his or her teenage years. Use alcohol in moderation, don't smoke cigarettes, and never use drugs.

For more parenting tips [click here](#).

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