

Wellness Articles

Attached are weekly health and wellness articles provided by Alberta Health Services. As a way to help all Albertans live a healthy life, we welcome and encourage weekly newspapers, community newsletters and other publications to reproduce this information free of charge. Credit to Alberta Health Services or the identified content provider would be appreciated.

If you would like to be added to the distribution list for these articles, please email: Rebecca.johnson2@albertahealthservices.ca. You will receive a monthly email containing articles for the upcoming four weeks.

An archive of past wellness articles is available at <http://www.albertahealthservices.ca/9966.asp>

Proposed publication date: Dec. 27, 2021
Content provided by: Alberta Health Services

Talking with your kids about alcohol

Talking with your kids about alcohol doesn't have to be uncomfortable.

When you take the time to have a conversation, and you are open to hearing what your child has to say, you are giving your child or teen the guidance they need to make healthy decisions.

Here are some tips to start a conversation about alcohol:

- Encourage questions and listen well to what your kids have to say to you
- Be brief and neutral when explaining the facts
- Try to understand your child's point of view.

By respecting one another's views, you will encourage future conversations and you'll encourage your kids to come to you with questions.

And remember, if you or someone you know is struggling with addiction, call Health Link at 811 or your local Addiction & Mental Health office. Help is available.