



Ease into stress-free school days

Help your student be happy and academically successful

- 2009 data from Barrington schools shows an association between substance use and grades. Remind your child that the use of illegal substances could jeopardize their academic performance.
- Set a good example. Young people develop their coping strategies by watching parents. If parents use alcohol or smoking to relax, kids may imitate these behaviors.
- Exercise, adequate sleep and a healthy diet can help students achieve academic success. Work together to establish healthy routines including healthy family meals.

Parenting *is* prevention



Parenting for Prevention Tip #13

Kindly offered by The BAY Team
Barrington's Community Prevention Coalition
<http://www.thebayteam.org>