



Better Parenting Can Thwart Underage Drinking

Underage drinking is a huge problem for parents whose children have fallen prey to this global malady. But according to the results of a recent survey, better parenting can lead to a significant drop in childhood alcohol use.

The fact that drinking socially is ingrained in the American culture may have contributed in some way to underage drinking. However, a clear handing down of the facts related to alcohol abuse can go a long way in countering childhood alcohol use.

Parents who are habituated to communicating regularly with their children have the advantage of preventing their wards from getting waylaid by life's numerous temptations. Discussing the ill effects of alcoholism is no different. In fact, according to a recent report, improvement in parenting and reduced affordability of alcohol has led to a substantial drop in childhood alcohol abuse cases. The 2016 report – titled "Youthful Abandon: why are young people drinking less?" – was published by the Institute of Alcohol Studies.



Teens who are raised with values, encouragement, warmth and adequate discipline exhibit more propensity to abide by parental guidelines and are more likely to share a close bonding with parents. It is desirable that parents have a thorough understanding of ways to influence children through conscious and unconscious efforts, to talk to children regarding alcohol and to dissuade them from drinking.

It is heartening to see that the percentage of childhood alcohol consumption has gone down over the years, but still, the prevailing numbers are alarming. About 26 percent of adolescents are reported to be drinking by the eighth grade and close to 47 percent are reported to be drunk at least once by the 12th grade.

Some steps to be initiated by parents to keep children away from drinks



- Parents play a crucial role in influencing children's habits. If parents drink at home, enough care has to be taken to drink responsibly so as not to lure the children into drinking. Laying down strict and disciplined norms at home becomes paramount.
- Talking early to children is important while addressing their concerns or frailties and sniffing any temptation around the corner that might draw them into drinking.
- Being in sync with other parents and monitoring any developments which might be detrimental to the children.
- Working with any community that promotes dialogue about ill effects of underage drinking and initiating action to address the issue.
- It is also important for parents to be aware of the state laws about making alcohol accessible to children. One should never offer alcohol to somebody else's child, even if the law allows.

Tackling genetic factors

Genetics plays an important role in molding a child's tendency to drink. While some children may have a natural abhorrence for alcohol, others may be simply drawn toward it. In the case of a genetic predisposition, it helps in seeking help from a doctor or expert before the onset of the problem.

Many parents think that allowing children to drink at home would help them develop a healthy relationship with alcohol and later on, they would refrain from experimenting with it. But several studies refute such claims. Encouraging children to drink at home have far-reaching effects as seen in a steep escalation in drinking among such children.

Alcoholism treatment

Alcoholism is a curse, but it is treatable and with a little commitment to stay in treatment, sobriety is just around the corner. If a loved one is addicted to alcohol and you are looking for **alcohol abuse treatment centers**, get in touch with the 24/7 [Alcohol Abuse Help](http://www.247alcoholabusehelp.com). You may call at our helpline number **866-480-6873** so that our experts can provide the best **help for alcohol abuse** and connect you to one of the renowned **alcohol rehab treatment centers** in the vicinity.

For more information, please visit
www.247alcoholabusehelp.com