

INTRODUCING THE ALL NEW REMASTERED KIDX500

# KID-TO-PARENT

# Translator



## KIDX500

NOW FULLY COMPATIBLE  
WITH MOBILE PHONE LINGO,  
INSTANT MESSAGING,  
AND WEB CHATTER.\*



IN THE REAL WORLD THERE ARE NO SHORTCUTS TO GOOD PARENTING.

WHILE YOU MAY NOT ALWAYS KNOW THE LATEST INTERNET ACRONYMS, IT'S IMPORTANT TO ALWAYS KEEP THE LINES OF COMMUNICATION OPEN BETWEEN YOU AND YOUR CHILDREN. THESE TIPS WILL HELP YOU LEARN HOW TO GET THE CONVERSATION GOING.

"Be Kind to Your Mind. Live Drug Free."™



Sponsored by Informed Families, Thriving Mind South Florida, and the State of Florida, Department of Children and Families



# 10 Ways

## TO HELP KIDS GROW UP SAFE, HEALTHY AND DRUG-FREE.

**START TALKING WITH  
YOUR KIDS AT AN EARLY  
AGE ABOUT DRUGS.**

**LISTEN CAREFULLY AND EDUCATE  
YOURSELF SO YOU CAN  
ANSWER YOUR CHILD'S QUESTIONS.**

**BE A MODEL OF HEALTHY BEHAVIOR  
FOR YOUR CHILD.**

**CREATE A PARENT PEER GROUP.  
WORK TOGETHER WITH THE PARENTS  
TO SET COMMON BOUNDARIES AND  
MONITOR BEHAVIOR. THERE'S  
STRENGTH IN NUMBERS.**

**MAKE SURE YOUR CHILD'S  
SCHOOL HAS ANTI-DRUG  
POLICIES.**

**EAT DINNER TOGETHER REGULARLY.  
THE MORE OFTEN KIDS EAT DINNER  
WITH THEIR FAMILIES (FIVE TO SEVEN  
PER WEEK), THE LESS LIKELY THEY ARE  
TO SMOKE, DRINK OR USE DRUGS.**



**DON'T BE AFRAID OF SETTING RULES.  
PARENTAL DISAPPROVAL OF DRUG  
USE PLAYS A STRONG ROLE IN  
KEEPING KIDS DRUG FREE. BE IN  
CHARGE.**

**KEEP YOUR CHILDREN  
ENGAGED IN AFTER SCHOOL  
ACTIVITIES.**

**LOCK YOUR MEDS AT HOME. VISIT  
[WWW.INFORMEDFAMILIES.ORG/STORE](http://WWW.INFORMEDFAMILIES.ORG/STORE) TO  
USE LOCKBOXES TO PROPERLY SECURE  
YOUR MEDICATION**

**GET INVOLVED IN YOUR  
CHILD'S SCHOOL.**