Does your drinking influence your child?

Children often copy what their parents do and how they act. What you do may influence your child as much as what you say. It may be useful to think about your own relationship with alcohol and what messages it could be sending to your child. Think about your own drinking habits, even if you aren't a heavy drinker.

Do you ever	Situation	Possible message to your child
drink to relax or relieve stress?	After a hard day at work the first thing you do is open a bottle of wine or beer.	Could your child see alcohol as an adult way to relieve stress or anxiety and think drinking would be a grown up way of coping with exam pressure or other difficulties in their life?
drink to get drunk?	You tend to use alcohol to get drunk and don't pay much attention to recommended daily guidelines (see page 12).	Would your child think alcohol is for getting you drunk and that advice on recommended daily guidelines is meaningless and can just be ignored?
joke about being drunk?	You enjoy having a joke about things you or others have done while drunk.	Could your child think you approve of people getting drunk and doing silly things? Might they think, if you find it funny when people get drunk, you won't mind too much if they do it?
ignore your own advice?	You've advised your child about the risks associated with drinking too much, but when it comes to your own drinking you ignore this advice.	Could your child think guidelines and boundaries around drinking aren't important and don't need to be kept to?