



Toddlers

Keys to prevention at this age

- Building a strong parent-child bond
- Role-modeling healthy behaviors at home
- Creating a sense of safety and security for your child

Key Influences in your toddler's world:

- YOU

Substances in your toddler's world can include:

- Cleaning supplies
- Anything within reach

At this age, your child learns about the world though watching, listening, touching and experimenting.

As parents of toddlers, we often don't consider substance abuse prevention a primary concern. However, even though infants and toddlers are not yet ready to learn complex facts about alcohol and other drugs, there are still several things you can do at this age to help prevent the likelihood of your child drinking, smoking, or using drugs later on.

At this age, the focus is on creating a healthy beginning and fostering positive social, emotional, and moral development that will extend through your child's lifespan. The little things you do with your child everyday do make a difference!

Parenting Tips

- ✓ Bond with your child
- ✓ Be a good role model
- ✓ Teach your child about feelings
- ✓ Provide structure and discipline
- ✓ Nourish your child
- ✓ Take time for you