

Talking About Drugs...

Caffeine

Caffeine is a drug that will change how your child behaves. It is also an addictive substance that may cause headaches, irritability, and excitability.

- Caffeine is ubiquitous and children will likely consume caffeine from time to time
- Even so, it is prudent to be mindful of caffeine in foods and drinks and to minimize consumption
- The United States has not yet developed guidelines for caffeine intake in children
- Canadian guidelines recommend no more than 45 milligrams of caffeine each day for preschool children (e.g., 1, 12 ounce soft drink or 4, 1.5 ounce milk chocolate bars)
- Caffeine consumption (in both children and adults) can result in:
 - jitteriness and nervousness
 - upset stomach
 - headaches
 - difficulty sleeping
 - poor concentration
 - increased heart rate
 - increased blood pressure

Tobacco

What to Say to Kids

- Some people smoke or chew tobacco.
- Smoking/chewing is an unhealthy habit.
- People who smoke or chew have a very hard time quitting (addictive).
- Try to avoid being around smoke because smoke from cigarettes can hurt you, (hard time breathing, coughing).

Research from the Surgeon General

- Because children's bodies are developing, infants and young children are especially vulnerable to the poisons in second hand smoke. On average, children are exposed to more secondhand smoke than nonsmoking adults.
- Secondhand smoke exposure causes respiratory infections such as bronchitis and pneumonia in infants and young children, increases coughing and breathlessness, and is a known cause of SIDS (sudden infant death syndrome).

If you smoke or chew tobacco:

Try not to smoke or chew in front of your children

Keep your home/vehicle smoke free

If you do smoke in the home have non smoking areas

Dispose of chew spit or ashes immediately, do not something a child would normally use.

Make sure your child knows to stay away from your spittoon or ashtray



Alcohol

What to Say to Kids

- There are some drinks only for grown ups
- Alcohol can change how a person feels and acts
- Some grown ups choose to drink some alcohol sometimes; this is okay
- Some grownups choose not to drink at all
- Always make sure your drink is a kid's drink and if you are not sure ask your parents
- Alcohol can hurt kids because kids are still growing
- Please talk to me/us if you have any questions

If You Drink Alcohol

- Try not to drink in front of your children
- If you do, drink in front of your children, drink responsibly and explain that this is a grown up drink
- Never drink and drive