

The West Allis-West Milwaukee Community Coalition is a diverse group of concerned citizens, organizations and community stakeholders working together to support healthy lifestyles.

Our Vision

To improve the quality of life for the citizens of the city of West Allis and the village of West Milwaukee.



Our Mission

To provide support to the West Allis-West Milwaukee community to raise healthy, drug-free children.

See www.wawmcc.org
for resources and more information

10 tips

1. **Reduce or abstain from using alcohol around your child.**
2. **Eat as many meals as you can with your child.**
3. **Host social events that do not include alcohol.**
4. **Keep track of the amount of alcohol in your home.**
5. **Do not allow any child or adolescent to drink in your home.**
6. **Make alcohol in the home impossible for your child to access.**
7. **Learn the laws and penalties about supplying alcohol to a minor.**
8. **Let the parents of your child's friends know your rules for your child.**
9. **Create an "exit" plan to assist your child in leaving an unsafe situation.**
10. **Help your child find positive ways to cope with worries and stress.**



Powerful Voices,
Positive Choices

West Allis
West Milwaukee
Community Coalition

7447 West Greenfield Avenue
West Allis, WI 53214

414-302-9917
414-302-9918 (fax)

v.04/10

West Allis • West Milwaukee
Community Coalition



Powerful Voices, Positive Choices

WAWMCC
parent's guide

Youth who begin drinking
before age 14 have a
41% chance
of becoming alcohol
dependent at some point
during their lifetime.

Learn how to help your child
be alcohol and drug-free.

ages and stages

Parents, your influence can be felt by your child at every age and every stage of their development. Alcohol, tobacco and other drug use is unsafe and unhealthy for the developing mind and body.

walk your talk

Your words and actions need to match if your child is to see you as a good role model. Talk with your child about risk-taking behaviors in the language they can understand. Praise and reward each smart step and healthy choice that your child makes.

know to show

Know the facts and talk openly about what you have learned, especially about the risks and consequences of experimenting with alcohol, tobacco or other drugs. Use real life examples from the media showing the problems that use causes. Monitor your child's behavior and don't wait to get help if your child's basic behavior changes.

say more before

If you communicate often about your disapproval of any use of alcohol, tobacco, or other drugs before your child becomes a teen, the more likely your message will be heard and heeded. Stating your expectations only once is not enough.

decide to guide

Establish clear family rules for safety and guidance. Remind your child that it is never OK to use alcohol, tobacco or other drugs. Have your child promise to never try or use anything that will harm their mind or body.



rules as tools

When your child is a teen, do not change your expectations about your disapproval of alcohol, tobacco or other drug use. More than ever, your child needs clear rules that are enforced regarding his or her experimentation or use of substances. Teens often mention that their parents were too lax or didn't follow through with the rules and consequences about use that were set when they were young.

