

PARENTS IN PAJAMAS

A HAZELDEN BETTY FORD FOUNDATION WEBINAR SERIES



Online parent and family meetings from the comfort of your home

Research shows children whose parents and other caretakers communicate clear, consistent expectations to them about alcohol and other drugs are less likely to use substances. But when parents don't know what to say, or can't answer their child's questions, these important conversations go unsaid.

To help parents everywhere, the Hazelden Betty Ford Foundation has created Parents in Pajamas, a series of online parent and family meetings. Facilitated by a prevention specialist from FCD Prevention Works, one of our prevention branches, these live 60-minute web-based sessions give parents access to critical information about substance abuse prevention, intervention, and addiction treatment. Participants can join in from almost anywhere--home, the office, or a coffee shop!

Wednesday, September 16 [REGISTER NOW](#)
Presenter: Deirdre Flynn

Wednesday, October 21 [REGISTER NOW](#)
Presenter: Tim Ryan

Wednesday, November 18 [REGISTER NOW](#)
Presenter: Deirdre Flynn

Participants will learn:

- The essential role they play in keeping their kids drug free through adolescence
- How to encourage an open dialogue with their kids
- The importance of modeling healthy, appropriate attitudes and behaviors for kids
- The latest facts about addiction and the mental and physical effects of alcohol and other drugs on young people
- Risk factors for addiction
- The truth behind the myths, misconceptions, and misinformation about adolescent drug use

Facilitators will also answer individual questions, such as:

- What do I say about my own experiences with alcohol and other drugs when my child asks me?
- What are some ways to teach my child to resist the pressure to drink or use drugs?
- What should I do about the drinking and driving issue?