



## Posters for Clinic

In my practice, I have found that often the best way to make a point is not to state an observation outright but to ask a leading question. Sometimes that question is loaded, at times even provocative. However, a question gets people thinking and can bring them to the same conclusion, independently.

I've found that posters on parenting, smoking, or issues that concern primarily the parent seem to get attention and requests for copies to bring home to other family members. I'm not sure about the ratio of positive change to family arguments that I've started, but I do know that it's made at least a few people think.

# Are Parents Important?

## Did you know:

Teens who do not smoke, use drugs, or abuse alcohol through age 21 are virtually certain NEVER to do so.

Teens who have never used marijuana overwhelmingly credit their PARENTS as the main influence in their decision.

The more often a family has dinner together, the less likely a teen is to smoke, drink, or use drugs.

Children in families that have dinner together only once a week are more than TWO TIMES more likely to smoke, drink, and use drugs than are families who eat dinner together every night.

Teens who fight more than they get along with their fathers are 68% more likely to smoke, drink, and use drugs than teens who get along well with their fathers.

- How often does your family eat dinner together?
- How often do you help your kids with their homework?
- How often do you attend their games or activities?
- How often do you go to parent meetings at school?
- How often do you give your kids praise or set limits?
- How often do you take them to a place of worship?

Be honest with yourself as you answer these questions.

If you feel that there's not enough time for family life, perhaps you need to reevaluate the time you spend at work or away from home?

Keep in mind that your children are your legacy and are much more important than any money or property that you will leave behind.

Invest well in them now, and it will pay off later.

So what are you doing for dinner tonight?

*Data from a study by the National Center on Addiction and Substance Abuse at Columbia University. Califano JA Jr. America 2000 Jan 15-22;182(2):6-8. www.americapress.org.*

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