



Information and tools for parents
to address simple
and challenging issues
using a **5-step process.**

**SEARCH BY AGE AND ISSUE TO ADDRESS
A VARIETY OF TOPICS LIKE:**

- Routines
- Discipline
- Empathy
- Friends
- Stress and Anxiety
- Talking about Differences
- Establish Rules About Alcohol
- Establishing Rules About Cannabis
- Mixed Messages About Alcohol
- Mixed Messages About Cannabis
- Peer Pressure
- Bullying
- Confidence
- Conflict
- Responsibility

The tools give specific actions to take and the words to say for parents or those in a parenting role to grow their relationship and communication with their children.

PARENTING MERCER ISLAND INCLUDES SUPPORTIVE INFORMATION CALLED “I WANT TO KNOW MORE” ON TOPICS LIKE:

COMMUNICATION

- Calm Down Strategies for Parents and Children
- Feelings Chart
- Intentional Communication

DEVELOPMENT

- Prevent Substance Use at Every Age
- Social and Emotional Development

DISCIPLINE

- Guidance and Discipline for Skill Building
- Logical Consequences

PARENTING PROCESS

- Parenting Process for Your Child's Success
- Parenting Process for Your Child's Success Printable Graphic

RELATIONSHIPS

- Intentional Ways to Grow a Healthy Parenting Relationship

RISKY BEHAVIOR

- Alcohol and the Teenage Brain
- Healthy Risk Taking
- Is My Child Drinking? What Do I Do?
- Is My Child Using Drugs? What Do I Do?
- Cannabis and the Teenage Brain
- Why Teens Shouldn't Drink Alcohol
- Why Teens Shouldn't Use Cannabis



Learn more by visiting
ParentingMercerIsland.org



CITY OF MERCER ISLAND
YOUTH & FAMILY SERVICES

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