



The CHAMPION

December, 2012

Volume 6, Issue 4

Happy Holidays!

The CHAMP Coalition of Wadena County would like to wish you Happy Holidays. Below are tips to help keep the holidays happy and safe for your family:

- Give your teen the gift of time and attention.
- Be a good role model. You are the greatest influence in your teen's life. Don't engage in illegal or unhealthy behavior and don't host drinking parties for kids.
- Set and enforce rules against underage drinking and keep alcohol out of reach of children too young to follow those rules.
- Be clear and concise when it comes to your position on underage drinking. Let others know your views if your child will be a guest in their house.
- Listen to your teens and provide love, support, and encouragement.
- Be aware of the connection between alcohol and other drugs and sexually transmitted diseases like HIV/AIDS.
- If a young family member shows signs of alcohol problems, share your concerns with a healthcare professional for further assistance.
- Talk about the consequences of alcohol use. Alcohol use is illegal and dangerous under age 21 and can have devastating health, safety, and legal consequences.
- Be sure children have access to a variety of alcohol-free alternatives and safe, monitored places they can gather.
- Discuss alcohol advertising and marketing with young people. Be sure to discuss the harms of alcohol that are not presented in advertising to youth. Studies show that youth exposure to alcohol marketing increases the likelihood of alcohol use, so it's important for parents to talk early and talk often about not using alcohol. (Center on Alcohol Marketing and Youth, Johns Hopkins Bloomberg School of Public Health)
- Remember you are the parent, they are TEENS not adults. They still need your guidance.



22 Dayton Ave. SE
Wadena, MN 56482

Phone: 218-631-7629
Fax: 218-631-7632
E-mail:
champforwc@gmail.com

Our Vision
"Choose to be
Chemical Free"

Our Mission:
Is to improve and
enhance the health,
safety, and quality of
life for our children
and community by
reducing substance
use and abuse.



Twitter:
@champforwc
Facebook: Champ of
Wadena County



22 Dayton Ave. SE
Wadena, MN 56482

Phone: 218-631-7629
Fax: 218-631-7632
E-mail: champforwc@gmail.com

**Fast
Fact**

**Celebrating Holidays
and Special Occasions**

The more meaningful older teenagers felt their family rituals were, the more likely they were to have a strong sense of themselves and be able to handle the stresses of going to college freshman year.

(Barbara Fiese, *Family Routines and Rituals* (New Haven, CT: Yale University Press, 2006, Reprinted with permission from Search Institute®. Copyright© 2012 Search Institute, Minneapolis, MN; 800-888-7828; www.search-institute.org. All rights reserved.)

We're on the web!
www.champforwc.org

What's Coming Up.... Winter Breaks begin:



- Menahga-December 22**
- Sebeka-December 22**
- Verndale-December 22**
- Wadena-Deer Creek-December 22**

Tips to Handle Holiday Stress

- **Take time for yourself** – There may be pressure to be everything to everyone. Remember that you're only one person and can only accomplish certain things. Sometimes self-care is the best thing you can do—others will benefit when you're stress-free. Go for a long walk, get a massage or take time out to listen to your favorite music or read a new book. All of us need some time to recharge our batteries—by slowing down you will actually have more energy to accomplish your goals.
- **Volunteer** – Many charitable organizations are also suffering due to the economic downturn. Find a local charity, such as a soup kitchen or a shelter where you and your family can volunteer. Also, participating in a giving tree or an adopt-a-family program, and helping those who are living in true poverty may help you put your own economic struggles in perspective.
- **Have realistic expectations** – No Christmas, Chanukah, Kwanza or other holiday celebration is perfect. View inevitable missteps as opportunities to demonstrate flexibility and resilience. A lopsided tree or a burned brisket won't ruin your holiday; rather, it will create a family memory. If your children's wish list is outside your budget, talk to them about the family's finances this year and remind them that the holidays aren't about expensive gifts.
- **Remember what's important** – The barrage of holiday advertising can make you forget what the holiday season is really about. When your holiday expense list is running longer than your monthly budget, scale back and remind yourself that what makes a great celebration is loved ones, not store-bought presents, elaborate decorations or gourmet food.
- **Seek support** – Talk about your anxiety with your friends and family. Getting things out in the open can help you navigate your feelings and work toward a solution for your stress. If you continue to feel overwhelmed, consider seeing a professional such as a psychologist to help you manage your holiday stress (Reprinted with permission from the American Psychological Association, November 2012)

Something To Try And Talk About

In every issue!

Here are some ideas for conversations at your next family meal or ride in the car.

- How could you share your talents with the community?

- What are you most proud of? Why?
- What is your favorite holiday? Why is it your favorite?

The benefits of eating together will last long after your meal ends, especially if you make family mealtimes a regular activity. For more ideas visit : <http://family.samhsa.gov/get/mealtime.aspx>.