DID YOU KNOW?

- April 20 (4/20) has evolved into a counterculture holiday, where people gather to celebrate and consume marijuana.
- The use of the term began among a group of teenagers in San Rafael, CA in 1971 when the group would meet at the campus statue of Pasteur to smoke pot.
- 420 became code for a time of day to get high and a way of talking about it in front of parents without their knowledge.

Parents have more influence over their child than friends, music, TV, the Internet and celebrities. Kids who learn a lot about the risks of drugs and alcohol from their parents are up to 50% less likely to use than those who do not.

HELP YOUR TEEN SAY "NO!"

Everyday thousands of teens say "yes" to drugs for the first time. Help your teen say "NO!"

- Make sure your kid is at school on Friday, April 20th.
- Consider making family plans for the evening of 420.
- Become familiar with the signs and symptoms of drug use.

DON'T GIVE UP ON YOUR POWER AS A PARENT

Feel like there's little you can do to change your teen's behavior? Here are 6 research-supported parenting practices to set you on the right path to reducing the odds your child will develop a drug or alcohol problem.

THE PARENT TOOLKIT

Inside The Parent Toolkit you'll find practical advice for guiding your child toward a healthy life at every age. Parenting and health experts as well as real parents share the latest tips and tools for raising drug-free kids.
By Marilyn Vinch

Part of living a full life is to truly experience the world around us and within us. For many who practice yoga, the concept of mindfulness is familiar and well-practiced. But if we keep our mindful techniques to ourselves, we aren’t sharing an important tool of living a full and happy life.

And who else could greatly benefit from practicing mindfulness? Our children.

Teaching our children to experience, question and value the world around them not only adds to their childhood, but helps to build inquisitive and insightful adults. Children are naturally curious and uninhibited and those traits can be quite powerful, especially when focused on and expanded upon.

Studies have shown that children who practice mindfulness will experience better moods and a higher self-esteem. They may perform better academically and have improved social skills, like the ability to navigate and peacefully resolve conflicts. Mindfulness is also considered an effective tool to deal with anxiety and aggression.

It’s not difficult to teach our children mindfulness techniques. Naturally, they may become impatient or not understand why mindfulness is important, but there’s no rush. Here are 15 ways to introduce mindfulness to kids. **VIEW THE LIST**