

# Raising Healthy Kids

SPCPrevention.org



**Southern Providence County  
Regional Coalition**  
Communities. Prevention. Collaboration.



## EDUCATION

### The Marshmallow Test

Studies show that children who develop self-control skills do better throughout school relationships, health and overall well-being. The Marshmallow test was the art of Walter Mischel, a Stanford professor and researcher. The test proves that self-control is not about willpower but a function of self-regulation. Children can learn self-regulation through modeling from a trusted adult. Read the article to learn more about the Marshmallow Test and how to support your children with self-regulation.

➤ **Any Child Can Develop More Self-Control**  
**Marshmallows Optional!** ([ahaparenting.com](http://ahaparenting.com))

### Parenting Mistakes?

Parenting is a tough job and mistakes are part of the journey. Rest assured that the perfect parent doesn't exist and it's never too late to repair your relationship with your child. When used as a guide to better the future, mistakes can actually turn into learning experiences. Children don't need a perfect parent and it is more beneficial for a child to watch their parents make mistakes and for parents to model how they problem solve.

**5 Key Factors**  
on how to transform  
your relationship  
with your child:

- 1 | Lighten up
- 2 | Make self-regulation a priority
- 3 | Meet your child where they are at
- 4 | Focus on repair not blame
- 5 | Enjoy your child

➤ **To learn more, check out this article:**  
**Have you made mistakes as a parent? Join the club.**  
([ahaparenting.com](http://ahaparenting.com))

## 14 Things the Marijuana Cannabis Industry Doesn't Want You To Know

**Everyone deserves to know and understand the risks involved. This science-based information helps you make healthy and protective choices.**

- 1 | Today's marijuana is not just a plant—it is genetically modified, potent and contains toxins.
- 2 | Marijuana can have contaminants and toxins.
- 3 | The drug industry targets youth.
- 4 | Marijuana stunts brain growth.
- 5 | Marijuana is Addictive.
- 6 | Marijuana is a risk factor for psychosis and schizophrenia.
- 7 | Marijuana targets the heart.
- 8 | Marijuana can make you scromit (scream and vomit).
- 9 | Marijuana is not safer than alcohol.
- 10 | Marijuana is not safer than tobacco.
- 11 | Marijuana is not recommended for pain.
- 12 | Driving while using marijuana can be deadly.
- 13 | Babies and Zadies are being poisoned. [Babies under age 6 and adults 65+]
- 14 | Weed whacks your DNA.

## Summer Safety & Setting Boundaries

Summer is here and with the school year ending it's likely your teen will be spending a lot of time alone. Now is a good time to start setting boundaries and expectations to ensure that your teen has a healthy and safe summer. While it's impossible to keep all the dangers out of reach from your teen, you can focus on what dangers you have the power to mitigate.

- ✓ Substances that may be found in your home such as alcohol and prescription drugs can be locked up and hidden where only you and other adults in the house have access.
- ✓ It's likely that your teen will spend a lot of their time at a friend's house. Talk with their parents about how they are keeping their home safe this summer.
- ✓ Getting a summer job or having a daily chore list is a great way to keep teens busy during the long summer days.
- ✓ Encourage a healthy lifestyle by reminding them to stay active and provide healthy food options.
- ✓ Discuss phone safety, expectations and create a check-in plan.
- ✓ Firearms should be unloaded with ammo locked away in a safe and hidden place.
- ✓ Remember that setting healthy boundaries and expectations can keep teens out of trouble during their time off this summer.

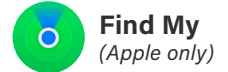
### Steps to Setting Healthy Boundaries:

- 😊 Remind your teens that you care about them and are on their side.
- 😊 Clearly identify your boundary.
- 😊 Understand why you need the boundary.
- 😊 Be straight forward.
- 😊 Don't apologize or give long explanations.
- 😊 Use a calm and polite tone.
- 😊 Start with tighter boundaries.
- 😊 Address boundary violations early.
- 😊 Don't make it personal.



## Do You Know Where Your Child or Teen Is?

In today's world, knowing where your child or teen is located is not always easy, especially if they aren't answering texts or calls. Apps such as **Find My**, which is specific to Apple users, and **Life 360**, which is available to most smart devices allow users to share their locations, complete with driving directions.



On both apps, you can even set up alerts when one of you leaves or arrives at a location. Life 360 in particular will allow you to see each other's battery percentage, while Find My allows you to track locations for some time after a device has lost battery. While having an app like this may feel like you are breaching your child's privacy, it is truly just a tool for peace of mind and emergencies.





# REGIONAL HIGHLIGHTS

## Community Partners

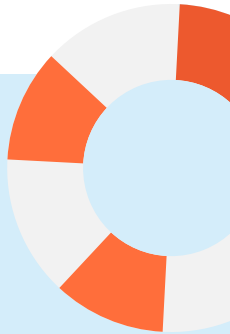
SPC Coalition partnered with restaurants and liquor stores in North Providence, Johnston and Cranston to disseminate information on a postcard for takeout deliveries reminding adults about the Social Host Law (do not provide or serve alcohol to minors). We continue our mission to keep our teens safe and are excited to share and spread the awareness with our partners listed below and hope our message is spread throughout the communities.

### Restaurants

- Bajas Taqueria
- Papi's Tacos
- Cherry Hill Grille
- Riccoti's in Johnston
- Tropical Smoothie Cafe
- Tom's Kitchen
- Arigna Irish Pub
- Depetrillo's Pizza & Bakery North Providence
- Liquor Stores
- Douglas Wine and Spirits
- Delta Wine and More
- Knight's Liquor Warehouse
- Market Beer and Wine
- Theresa Barber

### The SPC Coalition Team Is...

- Applying for a Partnership for Success grant which addresses alcohol and marijuana prevention
- Training new staff
- Preparing for Columbia Lighthouse Project Suicide Prevention Training for 6th and 9th grade parents
- Working with RIC on stimulants and opioid prevention
- Creating Social Host campaigns for summertime



# DRUG TRENDS

## Snowwolf Ease

Disposable, dispie, dispo, mod, bar, and piece. These are only some of the nicknames being used by youth to refer to vapes. Disposable vapes are often designed to be visually appealing with fun flavor titles, such as Snowwolf Ease, which resembles a slushy cup and can be purchased in flavors such as Rose Grape, Strawberry Ice Cream, Blue Cotton Candy, etc. The Snowwolf Ease has 5% nicotine boasting 8,000 puffs which is equivalent to about 16 packs of cigarettes. While you think your child may not physically be able to purchase a vape, many gas stations and convenience stores are already selling vapes that are unregulated and illegal, so checking for identification may not always occur. Additionally, websites such as elementvape.com make it easy for your child to use your name as an adult over 21, without needing to upload a valid form of ID.

# RESOURCES

**Hidden in Plain Sight** [spc-hips.com](http://spc-hips.com)

**Know the Buzz** [spcprevention.org/parents](http://spcprevention.org/parents)

**SPC Resource Guide** [tinyurl.com/SPRCResourceGuide](http://tinyurl.com/SPRCResourceGuide)



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