

# Raising Healthy Kids

SPCPrevention.org



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



## EDUCATION

### MINDFUL PARENTING

#### Your #1 Responsibility as a Parent

Parenting requires mindfulness to model emotional regulation. Like putting on your oxygen mask first, taking care of your well-being helps you guide your child through emotions and behaviors. Mindfulness means noticing your feelings (anxious, annoyed, frustrated, tired) without impulsively acting, similar to addressing a car's warning light.

#### Stop, Drop and Breathe. Use a Pause Button.

- STOP** what you are doing,
- DROP** your agenda—step away from the fight just for a moment, and
- BREATHE** to return to center, and choose loving responses. This practice leads to a calmer family dynamic, deeper connections, and a more fulfilling parenting experience. Choose love over fear for peace and happiness.



### DO YOU HAVE NEW YEAR RESOLUTIONS?

Many people joke about New Year's resolutions as if they're impossible to keep. But there are some people who are able to change their lives in positive ways, using the new year to give them a psychological boost.

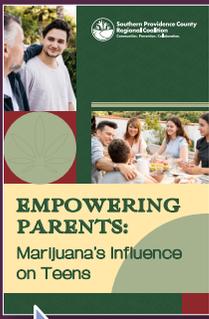
Sticking to New Year resolutions can be challenging, but with the right mindset and strategies, you can increase your chances of success.

#### Tips to Stick to Your New Year Resolutions:

- MAKE A PLAN** Outline steps to reach your goals.
- TRACK PROGRESS** Celebrate small wins and adjust as needed.
- STAY ACCOUNTABLE** Share goals with a friend for support.
- BE FLEXIBLE** Adapt to setbacks without giving up.
- REWARD YOURSELF** Treat milestones as accomplishments.
- LEARN FROM SETBACKS** Turn challenges into opportunities.
- VISUALIZE SUCCESS** Picture yourself achieving your goals.
- BUILD HABITS** Consistency forms lasting positive habits.
- SEEK SUPPORT** Surround yourself with a supportive network.
- STAY POSITIVE** Focus on progress, not perfection.
- REVIEW REGULARLY** Adjust goals based on evolving priorities.

**Remember, progress matters more than perfection!**





## Empowering Parents: Marijuana's Influence on Teens

SPC Coalition's newest guide has been completed.

([tinyurl.com/SPCEmpoweringParents](https://tinyurl.com/SPCEmpoweringParents))

## Why you Should Talk With Your Child About Alcohol and Other Drugs



([tinyurl.com/TalkTheyHearYouSPC](https://tinyurl.com/TalkTheyHearYouSPC))

# REGIONAL HIGHLIGHTS

- **Escape the Vape Escape Room** has been taking place in Johnston and North Providence Middle Schools. Encouragingly, our survey data indicates that 85% of students learned at least one new reason to avoid vaping from the escape experience. Moreover, more students are now aware that even a low level of nicotine can lead to addiction. This positive trend is notable, especially considering that the 2023 Monitoring the Future findings showed a decline in high school use, however 8th grade use remained relatively stable at 11.4%.
- **Media Ready classes** are underway at Ferri Middle School in Johnston. The SPC coalition and Municipal Coalition Coordinators are working on partnering with other middle schools in the region to implement the program.
- We are maintaining our collaboration with the police departments in the region and **Alcohol and Tobacco Compliance checks** are underway.
- We would like to **welcome Alyssa Ausura** and **Jenn Wall** to the SPC Prevention Team!

# DRUG TRENDS

**Nic Nac Naturals, LLC** received a warning letter from the FDA regarding the unauthorized marketing of dissolvable nicotine products, labeled as "nicotine mints" designed to resemble a pack of mints. The concern lies in the striking resemblance to popular candies, posing a significant risk of accidental ingestion by young children and the potential for severe nicotine toxicity or even death.

**Phenibut** is a potent synthetic depressant prevalent on US streets, often sold affordably in gas stations and smoke shops. Associated with Tianeptine, it's rarely detected in drug tests and is marketed as a dietary supplement" or "mood enhancer," contributing to widespread misuse. Increased awareness is crucial due to its potential for misuse and lack of FDA approval in dietary supplements.

# RESOURCES



**Mental Health Resources** | SPCRC



**Advice and Tips for Parents of Addicted Children**

The National Institute on Drug Abuse (NIDA) reports that nearly 1 out of every 4 18-20-year-olds abused an illicit substance in the past month.



**Hidden in Plain Sight** | An Interactive Website

If only you knew what substances to look for. Parents are the most important influence on their kids when it comes to substance abuse.



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