



How many  
drinks can your  
child tolerate?

# Children are happiest when their parents behave like normal



## Having a drink with your child present?

The use of alcohol in various settings has become quite commonplace – including when children are present.

Many parents find that they do not necessarily agree on how much is ok to drink in front of their children. If this is you, then you need to have a chat. If you decide to drink alcohol in the presence of your child, it is important that you drink responsibly. Consider whether it is appropriate and decide in advance how much you will drink. Also talk to grandparents and other adults who spend time with your child.

Remember that children are happiest when adults act like normal.

## Talk to your child

It is important to remember that children quickly pick up on changes in behaviour when we drink and that our behaviour changes sooner than we adults think.

It can be difficult to know how our behaviour is interpreted, and to notice how the atmosphere can turn from enjoyable to unpleasant.

It is therefore a good idea to let your child talk about what they think about alcohol. Perhaps their answers will surprise you?

## How to help children who struggle

Almost 1 in 10 children in Norway has a mum or dad who drinks too much alcohol. Are you worried about a child you know? Here's what you can do:

- Show the child that you care – give them your time and attention.
- Ask the child how they are doing. Don't talk negatively about their parents.
- Share your concerns with someone who knows the child well, e.g. another adult or school or kindergarten staff.
- You can also call the Alarmtelefonen for children and young people on 116 111. They can give you advice on what to do.



Av-og-til is a non-profit organisation which promotes responsible drinking.

By taking preventive action, we want to help mitigate the negative impacts of alcohol use on society.

Responsible drinking means being conscious of how you use alcohol. It means thinking about whether or not to drink in advance and when to stop drinking.

Responsible drinking is good for you and for us all.



### **GOOD ADVICE ON CHILDREN AND ALCOHOL**

- ♥ Drink no more than two glasses when you are with your children
- ♥ Go most days without drinking alcohol
- ♥ Agree with other adults what to do about alcohol when children are present
- ♥ Your plans for tomorrow will be much more fun for both you and for your children if you wake up with a clear head
- ♥ Remember that your child will notice if you have been drinking – and more quickly than you think
- ♥ Take extra care during holidays and on special occasions