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**ASPEN
Answers**

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ICS, SAP, IDP-AT

**CAN PARENTS
EFFECTIVELY
MONITOR DRINKING?**

With reports of binge drinking among college students on the upswing, parents may ask how they can effectively influence their children's drinking behavior. As one might expect, authoritative parents (who lay out clear rules but encourage open discussion) seem to be more successful in monitoring their children than permissive parents (who behave more like friends than parents). On the other hand, research indicates that authoritarian parents (who place emphasis on rules and obedience with no discussion) had neither an advantage nor a disadvantage when it came to monitoring their children. Even more important was the study's finding that the opposite-gender parent (father/daughter, mother/son) had the most influence over reducing a child's problem drinking by limiting impulsive behavior.

Of course, if your child is already wrestling with alcohol or with some other form of substance abuse, you clearly need to get him or her some help right away. Our caring counselors understand substance abuse and can help your child conquer this illness with proven techniques in a safe space. If you would like an appointment or if you have any questions, please call 608-742-5020. Our address is 2639 New Pinery Road, Suite 1. *Offering you and your family compassionate and professional advice.*

P.S. Impulsive individuals are known to be more likely to struggle with control over their drinking and are more likely to experience alcohol-related problems than their less impulsive counterparts.

ASPEN
Family Counseling
www.aspenfamilycounseling.com