Take on the Family Bingo Challenge!

Each time you complete an activity, you are increasing your child's protective factors and helping prevent behavioral health-related issues like drinking, drug use, depression and anxiety.

Go for a BINGO! Or, for an extra challenge, go for a complete black-out!

B	I	N	G	O
TALK	MONITOR	LEARN	ROLE MODEL	SUPPORT
Ask each other "Would you rather..?" questions.	Ask about your child's friends and what they do for fun.	Look up the warning signs of drug and alcohol use.	Show your child how you manage stress: take deep breaths, count to 10, etc.	Cook dinner as a family.
Ask your child how they're doing. Keep it open-ended.	Make a list of people your child can turn to for help.	Visit Parents Lead website - parentslead.org.	Share your highs and lows for the day.	Read a book together.
Create a conversation starters jar.	Talk with your child about what they would do if faced with a difficult decision about alcohol and drugs.	**FREE**	Respect yourself – speak positively about yourself in front of your child.	Go for a long walk together and talk about your child's interests.
Praise your child for the good choices they have made.	Discuss the family plan for cell phones.	Learn the signs of suicide.	Create a list of alternative activities your family can do that don't involve drugs or alcohol.	Play a new board game.
Listen and give your undivided attention to your child.	Discuss the family plan for internet use.	Visit ND Behavioral Health Division website - behavioralhealth.nd.gov.	Set a healthy goal for your family together such as getting enough sleep, drinking water, exercising, etc.	Make a list of quality personality traits in your child.

PARENTS LEAD.ORG