



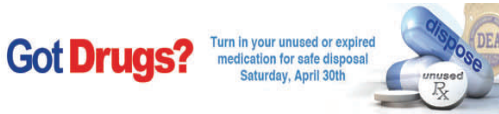
# For Healthy Living in Eastern and Northern Maine Communities

[www.WhatYouDoMatters.org](http://www.WhatYouDoMatters.org)



Bangor Region  
Public Health & Wellness  
[www.WhatYouDoMatters.org](http://www.WhatYouDoMatters.org)  
City of Bangor

April 2011



Over 70% of persons age 12 and older who abuse prescription painkillers say they get them from a relative or friend.

Prescription drugs can be dangerous and addictive. It is illegal to take any prescription drug that has not been prescribed to you. Distribution of your prescription drugs to anyone else is illegal.

## NATIONAL TAKE BACK INITIATIVE

**APRIL 30, 2011  
10:00 AM - 2:00 PM**

Visit [www.WhatYouDoMatters.org](http://www.WhatYouDoMatters.org) to find sites near you.

## April is Alcohol Awareness Month

Do you enjoy a drink now and then but sometimes wonder if you drink too much? The best way to find out if you're at risk for problems with alcohol is to keep track of how much you drink each day and week.

Below are the low-risk guidelines for women and men:

- | Women                        | Men                          |
|------------------------------|------------------------------|
| • 3 drinks on any single day | • 4 drinks on any single day |
| • 7 drinks per week          | • 14 drinks per week         |

(One drink is 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of hard liquor).

To find out more about your drinking habits, talk to your doctor or visit [www.alcoholscreening.org/maine](http://www.alcoholscreening.org/maine)

## April is Alcohol Awareness Month

**National Public Health Week  
April 4 through 10**

**National Take Back Initiative  
Saturday, April 30  
10:00 a.m. - 2:00 p.m.**

**National Infant Immunization Week  
April 23 through 30**

**Skate Against Drugs  
May 7, 2011  
Bass Park  
11:00 a.m.- 6:00 p.m.**

## Skate Against Drugs—May 7<sup>th</sup> Music and Healthy Choices

For a great day of free music and information on living a healthy lifestyle free of tobacco and drugs check out the Bangor Skate Park on Saturday, May 7 from 11 am to 6 pm. Featuring more than a dozen bands and a skateboard competition open to all ages, the 3<sup>rd</sup> annual Skate Against Drugs is a great way to celebrate healthy choices while taking in some of the best new pop punk acts around.



GOT A MINUTE?  
GIVE IT TO YOUR  
KID.

More than movies, music and even friends, parents are the most important influence on whether their child will make healthy choices as an adult. If a child reaches the age of 21 without smoking, using illegal drugs or abusing alcohol, the odds are they never will.

To get more involved with your child today and improve the chances they'll live a longer, healthier life, consider the following:

### ***Eat dinner as a family***

Kids who eat dinner with a parent fewer than three times a week are nearly twice as likely to use alcohol or tobacco than those who eat dinner with a parent five to seven times a week.



### ***Catch your child doing something right***

It's easy to focus on the bad things our kids do. "Catching" your child doing something right and

then complimenting them can encourage good behavior and keep the communication lines open.

### ***Prove you're listening: Ask questions***

By listening to your child and asking follow-up questions when they want to talk, they'll be more

likely to open up when you want to connect.

### ***Share your day***

To help your child open up, share a brief story about your day first; especially if you saw something funny.

### ***Write your child a thank-you note***

Many kids say they enjoy getting thank-you notes left at the dinner table, stuck in a book, or slipped under a pillow.



### ***Ask them for advice***

Asking their advice shows you value their opinion, especially if you occasionally follow their suggestion.

### ***Give your child family responsibilities***

Assign your child a job that helps the whole family. It's a great way to say you trust them and allows them to feel more adult.

### ***Turn off the electronics***

It's easy for parents to be distracted by cell phones, TV, computers, even the radio. Make the most of the moment and give them your full attention

## **Safe Products for You and Your Family**

If you are about to buy a new car seat for your child, or have questions about a power tool you already own, the best way to find out if these items are safe is to visit <http://www.saferproducts.gov>. You can also report products that you think are unsafe.

Saferproducts.gov is the website of the U.S. Consumer Product Safety Commission (CPSC).

The CPSC provides safety information on the products we use every day and works with manufacturers around the world to:

- Make sure new consumer products are safe before they are sold
- Recall consumer products that are found to be unsafe after they are sold
- Staying informed about the products you own or are about to buy is the best way to keep you and your family safe!