

3

QUICK TIPS *for parents* of school-age kids

It is our goal, as your local Health Department to provide useful information to prevent, promote and protect you and your family's health and wellness.

Food Pantries

1

Is your family or someone you know struggling to afford food? Scan the QR code or visit feedmorewny.org to find a food pantry in your area.

Food pantry list



Parent Discussion Groups

2

Free parent discussion groups held weekly on Fridays in January from 10am-noon. Topics include dealing with disobedience, developing good bedtime routines, hassle-free shopping, and managing fighting and aggression. Classes are in person at the Mental Health Association in Jamestown or virtual by Zoom.

Scan code to learn more



**PREVENTION
WORKS**
Educate • Collaborate • Motivate

Vaping Resources for Parents

3

Studies have shown that the most influential person in a young person's life are their parents/guardians. For most young people nicotine is the first addictive substance that they are exposed to, and vaping is their #1 way of getting nicotine. Talking to young people about substances should not be one 60-minute conversation, but 60 one-minute conversations.

**Tips on talking to your teen
about vaping**

