

# HAVE A SAFE & HAPPY HOLIDAY

## 8 Safe Holiday Party Tips for Parents



Serving the communities of: Atkinson, Chester, Danville, Derry, Hampstead, Londonderry, Plaistow, Salem, Sandown & Windham.



**1.** Serve plenty of food so those that do drink don't do so on an empty stomach.



**2.** Have mock-tails for a fun, non-alcoholic option.



**3.** If you're going to drink, have a plan to get home safely! Take a cab or use a designated driver.



**4.** If hosting, help your guests have a plan to get home safe. Also, be prepared to offer you couch or guest room (just in case!)



**5.** Help youth make healthy choices this holiday season, whether it's abstaining from alcohol or limiting screen time.



**6.** Stay hydrated! Have water or seltzer water available for guests to drink.



**7.** Plan activities like dancing or party games that don't involve alcohol as another event of the evening.



**8.** As a party host things can get pretty stressful. Listen to your body/mind to know when it's time to take a break. (Check out tips from NAMI)