## **Table of Contents**

Introduction	1
	The Program
- Session One - Babies and Boo	oze Don't Mix: Fetal Alcohol Syndrome4
- Session Two - Uppers, Downe	ers, and Stress: The Abuse of Prescriptive Drugs8
- Session Three - Pardee! Pardee	e! Pardee!: Understanding and Preventing Teenage Drinking12
- Session Four - From a Child's	Point of View: Understanding Alcohol Abuse15
- Session Five - Doing It Right:	Modeling Appropriate Adult Drinking17
Appendix A: Nurtu	ring Ways Educational Handouts
- Session One -	"Babies and Booze Don't Mix" "Fetal Alcohol Syndrome Quiz"
- Session Two -	"Uppers, Downers, and Stress"
- Session Three -	"Pardee! Pardee!"
- Session Four -	"From a Child's Point of View" "Families and Alcohol Use Questionnaire"
- Session Five -	"Doing It Right"