



The Power of "Why" A Discipline Tool That Could Save Your Sanity



If there is anything that can push parents over the edge, it's children who don't do what they're told or listen to instructions. That's why this simple discipline tip is a helpful one. It's called "the power of why" and not only will it help you make communication headway, it will also teach your teen to think about others. Yes, it's possible! Here's how.

Research says that if people understand why you ask them to do something, they're more likely to do what you ask. When we discipline our children, there is one word that powerfully conveys the why behind our decisions: "because." When we tell our kids the reason for a request, it helps them look past themselves and process the request beyond its face value. Knowing the context gives them the chance to build their decision-making skills instead of giving an automatic, mindless no.

Here's an example to show some contrast: "Andrew, I want you to get your school clothes out tonight." Boom. Sure, he should do what I ask no matter how I ask it, but why not give him a better shot at making the right choice? "Andrew, I want you to get your school clothes out tonight because I don't want to run late tomorrow; I need to be on time for work."

Registration Open
Vaping, Kids and COVID-19
Webinar - June 17 from 12:00
to 12:30



Shelly Mowrey, Executive Director of the

Fountain Hills Youth Substance Abuse Prevention Coalition will host a 30 minute webinar June 17 at noon. The webcast highlights the latest trends in vaping, products used, how to talk with the children in your life about the dangers and consequences of vaping. Attendees will receive a parent talk kit and hear new promising programs to help teens quit.

Click [HERE](#) to register

Place this postcard on your refrigerator or in your medicine cabinet, and place the DisposeRx packet near your prescription bottle.

Directions for use

Should you have leftover medications, dispose of them with DisposeRx...in less than a minute!

HOW IT WORKS

1. Add water until vial is 2/3 full. 
2. Empty DisposeRx powder into vial, replace cap and shake for 30 seconds. 
3. Safely discard in trash. 

Remember:

- Don't take medications for longer than needed.
- Don't share your prescription with others.
- Don't take someone else's medications.
- Don't take more than the prescribed amounts.
- Don't leave your medications unsecured.



and
DisposeRx
Solving the problem of drug disposal

are committed to your safety and the safety of your family. Please dispose of medications appropriately.

Rx At-Home Disposal Kits Are Still Available

Dispose Rx, an at-home Rx disposal option is available through the coalition. Disposing of your unwanted, expired or unused medication is an easy 3 step process. Here's what one Fountain Hills community member shared. "The Rx Packets worked just as advertised. Thanks for sending them and for your efforts in getting prescription drugs disposed of in a safe manner." Please click [HERE](#) to request a Dispose Rx packet.

PROTECT YOUR LOVED ONES AND COMMUNITY FROM THE HIDDEN DANGERS OF LEFTOVER MEDICATION

DID YOU KNOW: Over 600 million prescriptions go unused each year? These leftover pills lead to addictions, deaths and pollution if not properly discarded.

Nearly 60,000 kids under age 5 go to ERs annually due to poisoning by unsecured medications.



Dozens of medications have been detected in our drinking water.

Over 130 people die each day from opioid (narcotic) overdoses.

BUT THERE IS A WAY YOU CAN HELP...

DisposeRx was designed specifically to help **solve the problem** of left-over medications and mitigate associated risks by allowing you to dispose of your unused medication in the convenience of **your home**.

When the water and DisposeRx powder are added to your prescription vial and shaken, a gel is formed, making the medication unusable and allowing for the safe disposal in the household trash. **See the reverse side for directions.**

