

'Just a sip...'

Why parents supply a sip in early adolescence: Bad parenting or protecting their child?



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Aiken, Najman, Kypri, Slade, McBride, Mattick.

Wadolowski et al., 2016. Parents who supply sips of alcohol in early adolescence: A prospective study of risk factors. *Pediatrics*, 137.

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This leaves the questions...

Why do parents supply a sip of alcohol?

**And does this sip increase their child's
risk of drinking?**

- Australian Parental Supply of Alcohol Longitudinal Study: Grade 7 students and one parent recruited nationally via secondary schools.
- 19 variables (parenting practices, family environment, adolescent behaviour, peers, demographics) from Grade 7 tested in adjusted models of Grade 8 data (N=1729 dyads).



What didn't predict parental supply of a sip?

Table 1. Grade 7 factors with no association with Grade 8 parental supply in unadjusted models.

One or two parent household	Parental monitoring
Parent-child relationship quality	Family conflict
Parental discipline	Adolescent sex

Table 2. Grade 7 predictors of Grade 8 parental supply that became non-significant in adjusted model (aOR, 95% CI).

Parent alcohol use (1.07, 0.99-1.15)	Externalizing behaviour (0.99, 0.96-1.02)
Peer alcohol use (<u>Adolescent report</u>) (1.03, 0.97-1.08)	

Why did parents supply sips of alcohol and did it lead to drinking in Grade 8?

Table 3. Grade 7 predictors of Grade 8 parental supply of sip (OR, 95% CI).

	Unadjusted	Adjusted
Peer alcohol use (<u>Parent report</u>)	1.37*** (1.27-1.48)	1.20*** (1.08-1.34)
Home alcohol access	1.08*** (1.04-1.11)	1.07*** (1.03-1.12)
Alcohol-specific rules	0.73*** (0.68-0.80)	0.88* (0.78-0.99)

Table 4. Grade 7 predictors of odds of Grade 8 drinking compared to sipping (OR, 95% CI).

	Unadjusted	Adjusted
Parental supply of a sip	0.98 (0.67-1.45)	0.85 (0.51-1.42)
Peer alcohol use (<u>Adolescent report</u>)	1.28*** (1.21-1.35)	1.17*** (1.08-1.27)
Externalizing problems	1.07*** (1.04-1.10)	1.06** (1.02-1.10)

*** $p < 0.001$ ** $p < 0.010$ * $p < 0.050$

Parents who supply sips...

- Reported parenting practices similar to parents who did not supply (strong monitoring, discipline, close family relationships etc).
- More likely to believe that their child's friends used alcohol.
- May believe supplying a sip will protect their child from unsupervised drinking with peers.



Did supply of a sip increase risk of drinking...

- Were no more likely to go onto drink than sip in Grade 8.
- It was other factors – peers, externalizing problems – that impacted upon drinking versus sipping.

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