

Notes for Parents to pull out and keep (to be read before starting the booklet)



This booklet is aimed at children aged 8-13 years.
The aim of this book is to help you to talk to your child about your drug or alcohol problem and to help them understand the situation and their feelings.

You do not have to say which drug you use as the booklet talks about 'some mums, dads and carers having problems with alcohol and drugs'. It is up to you how much information you give to your child about your drug or alcohol use, but this booklet will help them understand more about it.

Through asking questions, the booklet will help you to explain:

- What a drug is
- That you love your child even when your behaviour may not be loving towards them
- That your drug problem is your problem and not their fault
- How they can keep safe if you are unable to look after them
 - ✓ Make a snack
 - ✓ Phone a trusted adult
 - ✓ Make an emergency call if you are unwell

Through asking questions this booklet will help you find out:

- A happy family memory that your child has
- Things you do that your child likes and does not like
- How your child feels when you have taken a drug



When you have completed the booklet your child will know ways to keep them self safe and will understand your problem better

Tips before starting

- 1 Before using this booklet with your child, read through it first.
- 2 Give yourself and your child enough time to talk about each question.
- 3 You may want a trusted adult to be with you – some of the conversations you have with your child may be upsetting for both of you.