

Module 1 Handout

What Parents Can Do

The following are areas that parents can address themselves which can help support both them and their children in treatment and in maintaining sobriety.

Assess Your Own Alcohol, Drug and Tobacco Use

Alcohol Quick Quiz
Have you ever felt you should cut down on your drinking?
Have people annoyed you by criticizing your drinking?
Have you ever felt bad or guilty about your drinking?
Have you ever had a drink first thing in the morning to steady your nerves or get rid of a hangover (eye-opener)?

If you answer 'yes' to any of these questions, your drinking may be a problem—it's time to think about doing something.

Finding and Spotlighting Child's Strengths: Building Motivation

- Empathy: Seeing the world through your child's eyes—can you see yourself through your child's eyes? How could you learn more about your child's point of view?
- Believing in your child's ability to change: Identify examples of your child's ability to change.
- Instead of pushing against behaviors that undermine abstinence, identify and support behaviors that support abstinence: Identify your behaviors which can support abstinence.
- Can you see your child as the no. 1 expert about him/herself? Identify something your child might know about himself that you would like to know. How would you invite your child to talk to you (avoid 'question/answer' conversations)? How could you help your child respond to your interest?

Managing Anger

What triggers your anger? Identify your own triggers. How can you be on the watch for these?

Connecting with Other Parents

Do you have names and phone numbers of other parents you can call, and you can depend on? Identify steps you can take to make connections.

Get Educated: Learn about Alcohol, Tobacco and Drug Abuse, and Other Concerns

What did you learn today? How would you go about getting more information?