

# Guidelines for Parents

## DO'S

### From Do's and Don'ts

1. Do wait to confront your child about his or her drinking or substance abuse until he or she is not under the influence. Give protection for child and others around him or her.
2. Do keep in mind that you are not responsible for your child's behavior but to him or her.
3. Do allow your child to take on the responsibility for his or her drinking and drug-using behaviors. You are responsible for the environment.
4. Do provide consequences for drunken and drug-affected behavior, which cause havoc in family life or destroy the home. Also require retribution for any loss or destruction.
5. Do talk to your child about his or her drinking or drug using when sober. Keep communication lines open.
6. Do allow your child not be responsible for his or her own "messes" and predicaments. Let child "sit in his/her own blisters"
7. Do allow your behavior to be of your own choosing and not a result of being brought down by your child's drinking or drug using behaviors.
8. Do view your child as being out of control rather than lacking backbone or willpower. Addiction is an illness.
9. Do remember that the way your child acts when drinking or drugging isn't any indicator of the lack of love. The drug takes over the personality with drastic changes.
10. Do be patient with your child.
11. Do maintain consistent consequences for drinking and other drug-using behavior.
12. Do respect the privacy of your child. Watch their behavior and use this as an indicator instead of "snooping". Use your judgment if behavior becomes self-destructive.
13. Do give your child a minimal allowance for chores performed in the home.
14. Do present consequences that you are willing and able to back up. Keep them logical and natural. Have child become involved and communicate with your child. Encouragement is important for all ages.
15. Do seek out information and support from outside resources for your own growth and understanding. You are not alone but part of a community network system.

# Guidelines for Parents

## DONT'S

### From Do's and Don'ts

1. Don't confront your youngster about substance abuse, and drinking while he/she is under the influence.
2. Don't make excuses to your spouse, family, friends or school authorities for your youngster's drinking.
3. Don't take responsibility for your child's drinking problem.
4. Don't accept as normal behavior a drunken son or daughter who comes home and destroys the house or creates havoc with in the family.
5. Don't nag or scream at an adolescent about substance abuse, and drinking.
6. Don't clean up your alcohol abusing child's messes or predicaments.
7. Don't let yourself be so ruled by the kid's substance abuse, and alcohol behavior that you let it pull your own behavior down, too.
8. Don't view your child as lacking a backbone or will power.
9. Don't assume your child doesn't love you because of the way he/she acts when drinking.
10. Don't be angry with your substance abuse, and alcoholic child, if you can help it.
11. Don't be patronizing or indulgent
12. Don't play amateur detective; following your offspring around the town to see what he/she is into is a waste of your time and your strength.
13. Don't give an alcohol-abusing youngster any money, expect for a minimal allowance.
14. Don't make threats you're not prepared to back up
15. Don't lecture. Talk WITH the child.
16. Don't label people based on their behavior. Using drugs are bad, but the abuser is not a bad person. Someone may do bad things, but that does not make them a bad person.