

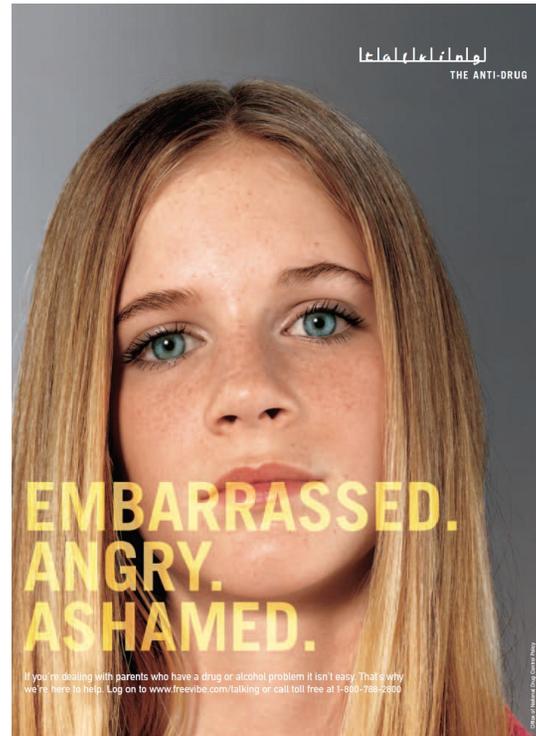
I know I can't make my parent stop drinking or using drugs, so what can I do to make myself feel better?

Talk to an adult you trust about the problem.

- A teacher
- A scout leader
- A religious leader
- A coach
- A school counselor

Also, there is a group for kids who have alcoholic parents called **Alateen**. They have meetings across the community and the kids share tips on how to make life easier. Ask at school if there are any Alateen groups or school-sponsored support groups.

Alateen Support Group
<http://alateen.alateen.org>
Telephone: (757) 505-1000



If you're dealing with parents who have a drug or alcohol problem it isn't easy.
For More Information
www.nacoa.org



National Association for
Children of Alcoholics
10920 Connecticut Avenue, Suite 100
Kensington, MD 20895
www.nacoa.org

Use brochure with the
April worksheet.



What Can Kids Do? NACoA's DOs and DON'Ts



Just 4 Kids



What Can Kids Do?

DO try to get involved in doing enjoyable things at school or near where you live--the school band, softball, Boy or Girl Scouts, or others. Doing these types of activities can help you forget about the problems at home, and you could learn new things about yourself and about how other people live their lives.

DO remember that feeling afraid and alone is a normal way to feel when you live with alcoholic parents. It's confusing to hate the disease of alcoholism at the same time that you love your alcoholic parent. All people have confusing feelings: two different feelings at the same time. This is the way many kids feel about alcoholic parents.

DO remember to have fun! Sometimes children with heavy drinking parents worry so much that they forget how to be "just a kid." If things are bad at home, you might not have anyone who will help you have fun, but don't let that stop you. Find a way to let yourself have fun.

DON'T ride in a car when the driver has been drinking if you can avoid it. It is not safe. Walk or try to get a ride with an adult friend who has not been drinking. If your parents are going out to drink somewhere, try not to go with them. If you must get in a car with a drinking driver, sit in the back seat in the middle. Move all items that could hit you off the back shelf and onto the floor. Lock your door. Put on your safety belt. Try to stay calm.



DON'T think that because your parent is an alcoholic you will be one too. Most children of alcoholics do not become alcoholics themselves. Remember, if you do not drink or use other drugs, you cannot get addicted.

DON'T pour out or try to water down your parent's alcohol. The plain fact is that it won't work. You have no control over the drinking. You didn't make the problem start, and you can't make it stop. It is up to your parent to get help. What your parent does is not your responsibility or your fault.