

# Alcohol and My Family

1

## Describe a typical day in your family.

What is the daily routine and what commitments are there?  
Think from waking up through to bedtime for each family member.  
Who does what? Who goes where?

2

## Describe a typical day when you drink.

When do you have your first and last drink?  
What happens in-between? What are you doing? Who are you with?  
When does the thought to have a drink first enter your mind?

3

## What is the day after you drink typically like?

How do you think, feel and behave?  
What was the quality of your sleep like?  
What might other family members notice?



4

**Reflect on what positive factors there are in your family.**  
What are some strengths that protect your family?

**Some examples to get you thinking:**

- Good relationship between parent and child
- Good communication between parent and child
- Child has a good relationship with another family member
- One caregiver does not drink above the low risk guidelines
- Child does not see parent under the influence
- Child is doing well at school
- Good routine within the home
- Parent provides consistent boundaries
- Parent supports the child
- Parent praises the child
- Child is engaged in activities

5

**What impact may drinking have on you as the parent?**

**Reflect on...**

- Physical Health
- Emotional and mental health
- Energy levels
- Quality of sleep
- Feeling hungover and impact on mood and patience next day
- Risk of injury or actual injury
- Relationships including partner and friends
- Family history and other risk factors
- Does alcohol use lead to any legal problems?

6

**What impact may drinking have on your children?**

**Some prompts to get you started:**

- How the child may feel about their parent drinking
- Do they feel sad, angry or worry about their parents?
- What is the quantity and quality of interactions between you and your children?
- Are there any behavioural issues?
- What is the child observing about their caregiver?
- Issues at school including punctuality, attendance and performance
- Are the children placed at any risk of harm?
- How much screen time are they having?
- Does the child feel safe?
- Has the child started to experiment with substances?



7

**Reflect on what impact drinking may have on your household.**

**Some prompts to get you started:**

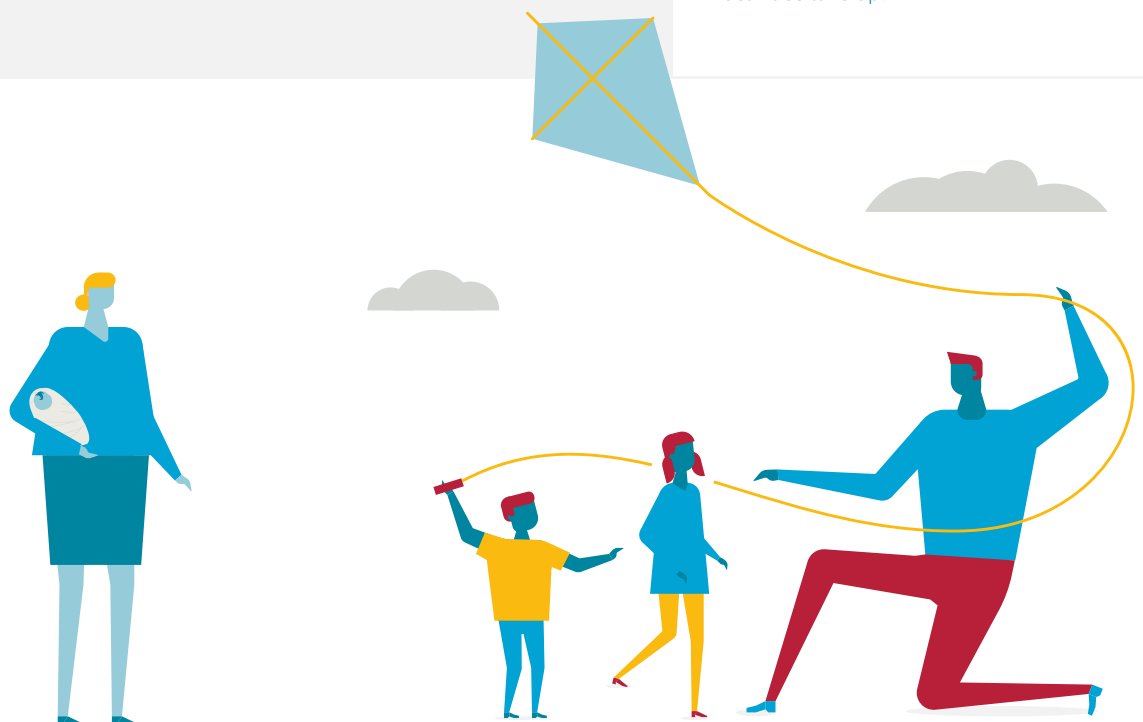
- Level of conflict in the house – arguments, rows, silent treatment
- How much time is spent together?
- Household routine/s
- Cost of drinking and any financial pressures
- Housing problems
- Domestic abuse
- Child protection / social services involvement

8

**What impact might drinking have on activities outside the home?**

**Reflect on...**

- Time spent outside the home may include going to a greenspace/park, exercising, social events, and visiting places.
- How much energy do you have to do these activities with the children?
- What is your level of enjoyment in the activities?
- What is your level of stress when doing the activities?
- How do you feel leading up to, during and afterwards?
- Is there less money for activities?
- How much time is spent indoors vs outdoors?
- How much time does alcohol-related activities take up?



# Taking the first step

1

## What small change could you make to your drinking?

Make your small change something that is specific and realistic for you.

2

## What would be the drawbacks of making this change?

This could be concerns, fears, and any negatives.

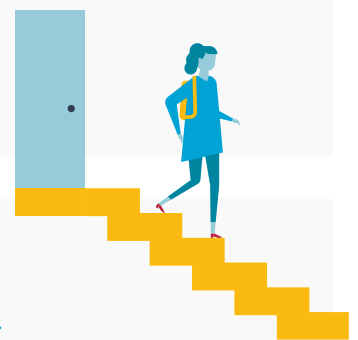
Think in terms of family, relationships, and other things that are important to you.

3

## What would be the good things about making this change?

This could be hopes, benefits, and any positives.

Think in terms of family, relationships, and other things that are important to you.



# Set yourself a plan

Parents who make a plan are more likely to see improvements

1

When will you do this?

2

How will you do it?

3

When might be the hardest time/s?

4

What strategies will you use?

5

Who can you share your goal with?