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Ways to Set a Positive Example for Your Kids

1. Open Communication

One of the best things you can do is talk to your children instead of keeping them in the dark about your addiction and recovery. With your genetics, they may be more prone to addiction than their peers. For this reason, education, information, and awareness are crucial as you raise your children.



2. Family Therapy

Getting your family to therapy can be a challenge, especially if some members are reluctant or you feel embarrassed. Despite the outside noise, remember that family counseling can positively impact your relationships and provide children with healthy tools for dealing with big emotions.

3. Quality Time

Quality time is everything to children. They don't need you to be perfect or fit any mold; they just want your love and attention. Just being there impacts them more than you know.



4. Patience

Being a parent adds another layer to addiction recovery. Be patient with yourself, be patient with your recovery journey, and be patient with your family. Recovery doesn't happen overnight, and it takes time to rebuild relationships.

5. Responsibility

Taking responsibility for your life and choices sets the foundation for a successful recovery and shows your children the importance of owning up to mistakes. One of the best ways to take responsibility and regain control is to enter an addiction recovery program.

