

Project 319 Parenting Class

Eight Essential Tips to Parenting in Recovery

Being a parent is demanding. Add in the challenges of recovery from drugs or alcohol, and it can feel overwhelming. But know this: You're not alone. Many parents walk this path, and with the right strategies, you can nurture a thriving family environment while prioritizing your own well-being.

1. Open Communication Is Key

Honesty is crucial, especially with older children. Talk to them about your recovery journey in an age-appropriate way. [Explain what addiction is with your family](#) and why you're making these positive changes for yourself. Let them know it's OK to ask questions and express their feelings.

2. Create a Support System

Recovery is a team effort. Lean on your support network — therapists, sponsors, recovery groups, and trusted friends and family. They can offer invaluable emotional support, guidance, and a safe space to share your struggles.

3. Establish Healthy Routines

Structure and predictability are beneficial for both you and your children. [Create consistent routines](#) for meals, bedtime, chores, and playtime. This helps everyone feel secure and reduces stress. Include activities that promote physical and mental health, like family walks or game nights.

4. Don't Be Afraid to Delegate

Asking for help is not a sign of weakness. Delegate chores and responsibilities at age-appropriate levels. This teaches your children valuable life skills and frees you to focus on other tasks or take a break.

5. Set Realistic Expectations

Recovery is a journey, not a destination. There will be setbacks. Don't beat yourself up if you have a bad day. [Forgive yourself](#), learn from it, and recommit to your goals.

Celebrate your progress, no matter how small a step.

6. Prioritize Family Activities

Schedule time for fun activities together. Play games, go on picnics, visit the park, or snuggle up for a movie night. These [shared experiences](#) create positive memories and strengthen your bond with your children.

7. Address Triggers and Relapse Prevention

Identify [personal triggers](#) that could lead to cravings or relapse. Talk to your therapist about healthy coping mechanisms and create a [relapse prevention plan](#). This could involve avoiding certain places or people or replacing unhealthy habits with positive ones.

8. Remember: Self-Care Isn't Selfish

Taking care of yourself isn't a luxury, it's a necessity. Schedule regular time for activities you enjoy, whether [reading](#), spending time in nature, or [connecting with friends](#). A well-rested, healthy parent is better equipped to be a loving and supportive parent.