

## What Parents Should Know about Drug Addiction.

Parents need to realize that drug addiction is something that can be prevented from starting by raising children who are not afraid to ask them questions. Even if your child has been involved with drugs, it is not too late to start being open as a family and discussing things. A child who feels free to ask questions, and feels that their opinions matter is going to be less likely to have a drug addiction problem. A child who feels like they can make mistakes and move on with their lives are going to be more apt to talk to their parents about the things that they have done. If your child feels that they can talk to you, they are going to be more likely to tell you things that might seem dangerous, and you will be able to see and discover the signs that they are on the wrong path. If you can talk to your child, and your child can talk to you, chances are better that your child will never develop a drug addiction problem.

However, sometimes no matter how much you talk, your child still develops a drug addiction and must go into treatment. When a parent has a child that goes into drug abuse treatment for a drug addiction, there are going to be lots of questions and lots of different feelings that you will be dealing with. There are many different emotions that you might be feeling – there might be sadness because the situation even exists, or embarrassment that it is happening to you or your family. There might even be a feeling of anger at yourself because you could not fix the problems alone, or you might feel frustrated that your family member waited so long to get help. Often, there is relief because the situation is going to get fixed. All of these emotions are perfectly normal, and they are all a part of the treatment process. That is the first thing that a family member needs to be aware of when someone goes into drug abuse treatment. There are going to be lots of different emotions, and they are all perfectly normal for you to be feeling.

Parents need to know that drug addiction is not something that can be fixed overnight. Oftentimes, drug addiction is the result of something that has been going on a long time – a path that a child has been on, even if it was not fully obvious to the parents. Drug addiction is something that will last for a person's whole life, but it is something that a child can deal with, and something that a family can deal with and become stronger. Parents need to understand that the immediate process of healing belongs to the child first. A child dealing with drug addiction who is going into drug abuse treatment needs to learn how to deal with that situation. A time of dealing with a drug abuse problem is going to be a very selfish time for the child. They need to be able to concentrate on themselves first. They cannot deal with the actual physical addictions without professional help, and so that is going to be the first priority.

Many times, a treatment facility might have rules against a child dealing with drug addiction having very much contact with their family at the beginning. This is not intended to upset the family or to cause them more pain, and it is not intended to punish the person with the drug abuse problem. It is simply because a person who is going into drug abuse

treatment needs to concentrate solely on themselves and their addiction right at the beginning of the recovery process. Family members need to be aware that their loved one is not going to be able to deal with anything except themselves at the very beginning.