

01 Background:

A recent report "Like Sugar for Adults" shows that parents and carers do not need to regularly drink large amounts of alcohol for their children to notice changes in their behaviour and experience negative impacts / problems as a consequence.

The report found, seeing a parent tipsy or drunk was associated with children feeling worried as well as experiencing one of a range of negative impacts including feeling less comfortable than usual, facing more arguments, unpredictable parental behaviour and disrupted bedtime routines.

Why it matters: 02

Although many parents try to set a good example with their alcohol consumption, 15% of children had asked their parents to drink less and 16% of parents reported feeling guilty or ashamed of their parenting as a result of their drinking.

Children who had seen their parent tipsy or drunk were less likely to consider the way their parent drinks alcohol as providing a positive role model for them.

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What to do?

Read:

['Like Sugar For Adults' Report](#)

GM Procedure: [Children of Alcohol and Substance Misusing Parents and Carers](#)

[Alcohol Use Questionnaire](#)
(Family pack of questionnaires and scales. Page 44)

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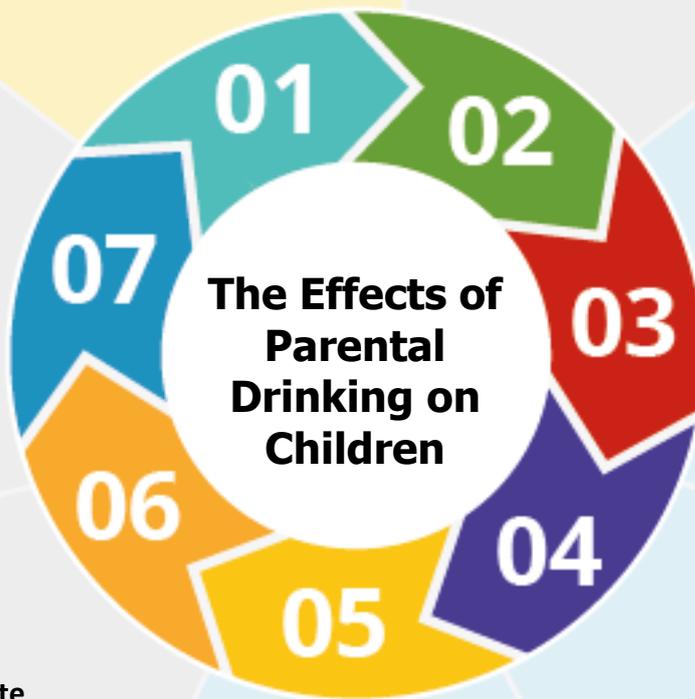
Key Findings:

*51% of parents reported having been tipsy in front of their child.

*29% of parents reported having been drunk in front of their child.

*29% of parents thought it was ok to get drunk in front their child as long as it did not happen regularly.

*Many Parents assume their children don't notice their drinking



The Effects of Parental Drinking on Children

Questions:

In my role, how can I promote greater awareness of the negative impact that alcohol can have on children and families?

Am I confident in talking to parents about their alcohol use?

Key Findings:

As a result of their parent's drinking:

- * 18% of children had felt embarrassed as a result of parent drinking.
- * 11% of children had felt worried.
- * 7% of children said their parents had argued with them more than usual.
- * 8% of children said their parents had been more unpredictable.
- * 12% of children said their parents had paid them less attention.
- * 15% of children said their bedtime routine had been disrupted; either by being put to bed earlier or later than usual.
- * Children don't seem to differentiate between seeing their parents tipsy and drunk.

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