

Let's Talk Attachment

How Does Substance Use Impact the Parent-Child Relationship?



How Do Substances Affect Parenting?

Substance use affects the same brain system that parents need to be able to connect well with their children. Our brains can only handle so much. When parents' brains are busy with substances, there is no room for parents to feel really good about connecting with their children.

What Do We Mean by That?

Craving substances makes it hard for parents to connect with, nurture, and protect their children. Parents who are using substances may be trying to relieve their stress, but using substances actually may make things more stressful. As a result, parenting children who have their own difficult emotions and behaviors becomes really hard.



Did you know?

- 70 million children and teenagers live with a parent or caregiver who misuses alcohol or other substances.
- A parent struggling with a substance use disorder may have trouble managing their emotions and stress. These difficulties can make it hard for parents to do a good job with their children.



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How Can We Help?

Did you know there is no such thing as perfect parenting? Parents really just need to be good enough to meet their children's needs. Different attachment-based parenting programs, like Circle of Security-Parenting, can help parents learn about and begin to practice the things that they need to be good enough.

What is Circle of Security-Parenting?

Wouldn't it be nice if parenting came with an instruction manual? It turns out that our children give us all the instructions we need! We just need to get better at noticing and responding to the clues that our children give us. Through Circle of Security-Parenting, a new and unique DVD-based educational program focused on parent-child attachment, parents can learn more about what their children might need. With this program, parents participate in eight weekly one hour sessions focused on promoting a lasting connection with their children.

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