



It can be hard to reduce how much you are drinking, especially if you are going through a particularly stressful time.

But think about other ways of winding down like going for a walk or spending time with friends and family.

Try keeping drinking for special occasions when the kids are being looked after elsewhere.

Cutting down how much you drink can have a positive impact on your body, your life and those around you.

IF YOU ARE CONCERNED ABOUT HOW MUCH YOU DRINK OR ARE FINDING IT HARD TO COPE, THEN TALK TO SOMEONE.

THE HELPLINES AND ORGANISATIONS ON THE OPPOSITE PAGE CAN HELP.

All images are posed by models

Further information and support

For parents /adults

Alcohol Focus Scotland

Scotland's national charity working to reduce the harm caused by alcohol.

www.alcohol-focus-scotland.org.uk

Drinkline Scotland

If you are concerned about your own or someone else's problem drinking. Call free on:

0800 7 314 314 (open 24 hours, 7 days a week)

ParentLine Scotland

Provides help, support and information for anyone who cares for a child.

Call free on: **0800 028 2233** or contact the confidential email service parentlinescotland@children1st.org.uk

NHS Inform

Provides a single source of quality assured health information for the public in Scotland.

www.nhsinform.co.uk

Relationships Scotland

Offers relationship counselling, family mediation and other forms of family support. Call:

0845 119 2020

For children / young people

ChildLine

ChildLine is a free 24-hour service for any child or young person 365 days a year.

0800 1111

Young Carers.net

Offers information and support to young people who care for a parent or relative who is ill or has other problems such as alcohol.

Young Scot

The national youth information agency for 11 to 26-year-olds.

www.youngscot.org

Are our kids suffering from our hangovers?




Alcohol Focus
SCOTLAND

CHILDREN 1ST

Harmful drinking in Scotland

Alcohol today is more affordable, more available and more heavily marketed than at any time during the past thirty years.

The result is that as a nation, we are drinking too much.

The more we drink, the more the health and social problems caused by alcohol increase.

Because drinking too much has become so common and acceptable, it's easy to forget how much it might be affecting our kids.

Each week it is estimated that 1 in 2 men and 1 in 3 women in Scotland drink more than is good for them, and over half of us say the place we drink most often is home.

Children can be affected by a parent's drinking even if they aren't getting drunk.

"WE JUST GOT USED TO OPENING A BOTTLE OF WINE MOST NIGHTS, TWO AT THE WEEKEND. IT SORT OF CREPT UP ON US. I DIDN'T REALISE HOW MUCH THE DRINKING WAS INTERFERING WITH OUR TIME WITH THE KIDS."

Is our drinking affecting our kids?

To think about whether your drinking might be affecting your kids, you may want to ask yourself the following questions:

- Do your hangovers affect your children?
- Do you ever break promises to take your children out after you've been drinking because you just can't face it?
- If an emergency situation arose at home, would you be able to handle it if you had been drinking?
- Would you be comfortable letting your babysitter drink alcohol?



What children say about adults' drinking

Every family is different, but children who live with someone who drinks too much often say they feel scared, confused, stressed and angry when their parents are drinking.

Teenagers also say they are concerned about adults around them who drink too much.

One in four say that a family event has been badly affected by an adult's drinking and one in three say they have been worried about how much an adult they care about is drinking.

1 in 3 under 16s live with a parent who binge drinks.

1 in 3 children feel scared when they see an adult drunk or drinking too much.

At least 65,000 children in Scotland live with a parent who has an alcohol problem – that's 2 in every school class.

The benefits of cutting down

The simple step we can all take to keep our children healthy, happy and safe is to **drink less**.

We know from research that young people learn as much from seeing what their parents do as from listening to what they say.

Teenagers who see their parents drunk are twice as likely to regularly get drunk themselves.