

Exercise

Impact that using drugs or alcohol has on children

It is important to consider not only the impact of using substances on your unborn baby but also on children as they grow older.

Fill in the gaps below:

Spending all your money on drugs or alcohol may lead to you and the baby living in []. This can mean that you do not have enough food for your baby, you cannot afford to keep them warm in the house and you don't have the things you need to give your baby [].

Research has shown that children whose parents use substances are more likely to experience []. This may be because people using substances can often be unpredictable and it can cause lots of behaviour changes. It can also be because using substances can often invite unsafe people into your and your baby's life, such as drug dealers and other drug users and sometimes situations can become volatile and children may be exposed to [].

Parents who are using substances can often be snappy and irritable, especially when experiencing withdrawal symptoms, and can say things to their children that they may not mean but may not be very nice. This can be detrimental to the child's wellbeing and is called []. This kind of abuse can lead to the child having low [] and problems with [] at school.

Parents who are using substances whilst caring for their child will not be able to give them [] which can lead to the child being in [] and at risk of []. A baby may roll over and hurt themselves, a toddler could get outside and run away, and an older child may leave the home and engage in risky activities themselves.

If parents are using substances, it is more likely that the child will have to spend time living with other family members or perhaps in care because they cannot keep the child safe, leading to [] between the parent and the child and poor []. This can lead to the child having problems in their relationships in the future, feelings of abandonment and a need to find that bond elsewhere.

Answer Sheet

Spending all your money on drugs or alcohol may lead to you and the baby living in **POVERTY**. This can mean that you do not have enough food for your baby, you cannot afford to keep them warm in the house and you don't have the things you need to give your baby **BASIC CARE**.

Research has shown that children whose parents use substances are more likely to experience **PHYSICAL ABUSE**. This may be because people using substances can often be unpredictable and it can cause lots of behaviour changes. It can also be because using substances can often invite unsafe people into your and your baby's life, such as drug dealers and other drug users and sometimes situations can become volatile and children may be exposed to **VIOLENCE**.

Parents who are using substances can often be snappy and irritable, especially when experiencing withdrawal symptoms, and can say things to their children that they may not mean but may not be very nice. This can be detrimental to the child's wellbeing and is called **EMOTIONAL ABUSE**. This kind of abuse can lead to the child having low **SELF-ESTEEM** and problems with **SOCIALISATION** at school.

Parents who are using substances whilst caring for their child will not be able to give them **ADEQUATE SUPERVISION** which can lead to the child being in **DANGER** and at risk of **HARM**. A baby may roll over and hurt themselves, a toddler could get outside and run away, and an older child may leave the home and engage in risky activities themselves.

If parents are using substances, it is more likely that the child will have to spend time living with other family members or perhaps in care because they cannot keep the child safe, leading to **SEPARATION** between the parent and the child and poor **ATTACHMENT**. This can lead to the child having problems in their relationships in the future, feelings of abandonment and a need to find that bond elsewhere.