



Keeping Your Kids Off Drugs By Dr. Frank

A note from Dr. Frank

Before we begin, I want to emphasize as a parent you may do everything 100% correct by your children and they still may wind up mixed up with substance use.

Addiction knows no boundaries, and never discriminates.

Don't beat yourself up, but always ask "how can I do better?"

Inside this PDF document I am going to provide you with 11 pieces of advice on exactly where to begin regarding supporting a child suffering from addiction and how you can prevent it as a parent.

I wrote this PDF from two primary points of view.

- 1) I am certified addiction recovery coach with years of experience working among youth from grades 6th all the way through late college. I have a vast knowledge of why kids consume drugs, and the influence family dynamics have.
- 2) I was once a child, of two lovely, but divorced parents who began consuming drugs beginning in early high school. It started with nicotine and eventually led into alcohol, weed, stimulants, and adult media content addictions.

I have now dedicated my life's work to helping others struggling with addiction.

If you enjoy this PDF and feel I could be of some help to you and your family be sure to book a 1:1 coaching session with the link below:

Book your session here: <https://stan.store/AddictionMindset>

Let's begin.

1) *Monkey see, monkey do.*

Kids will not listen to what you say, but they will copy what you do. This is especially true of alcohol or drug consumption.

If you drink a wine or a beer every night after work to “escape,” “celebrate,” or “relax” you are actively teaching that behavior to your child.

You can't expect to drink Infront of your kids while at the same time tell them vaping or smoking weed is a bad thing.

It is hypocritical.

Would you want to learn how to drop fat and build muscle from an overweight personal trainer? Of course not!

If you consume substances to “escape” the life YOU have created for your children, how could you not expect them to do the same?

Some may argue, “well I want to teach my kids moderation and how to consume responsibly.”

I would say, “If you want to teach your kids how to consume a toxic and potentially addictive drug responsibly that is your decision as a parent, just be ready for the possible outcomes.”

They are copying your every move, they have you under a microscope more than you do them.



2) Provide a stable home.

A stable home is the foundation.

Kids need routine because it provides stability.

The don't have the skills to cope with anything less at a young age.

If stability in the home is not apparent the child will seek stability elsewhere.

Instability could come in the form of finances, relationships, or a lack of moral guidance.

If you are always talking about how broke you are, or how bad this year is financially, or how much you hate work, or your significant other.....that is instability!!

Although substance use is maladaptive, and often chaotic, there is a sense of stability and predictability that comes along with it.

The feelings and emotions tied to smoking weed, vaping nicotine, or drinking alcohol are known.

If the outcomes of the home are unknown, the child will seek what is familiar and known.

Familiarity and predictability can come from substance use especially in the absence of stability.



3) Teach your kids how to cope.

How you cope matters.

Recall point number one, “monkey see monkey do.”

Now recall point number two “provide stability.”

If a child has a lack of stability at home, and they have learned low quality coping mechanisms, or none at all, this is a prime environment for addiction.

Drugs, although bad, are an accessible, fast acting, easy to use, coping technique. There is no effort and no learning curve with drug use.

When teaching your kids how to cope I don’t mean explaining it to them. Recall kids don’t listen, they copy.

Teaching your kids how to cope means showing them!

Show your kids how to cope with the actions you take, and make sure whatever you are showing them is working for you first. If it’s not working for you, don’t bother showing it to them.

The success of your healthy coping methods is what will make them want to try the same.

If you say “cope with exercise and reading the bible” but you are a miserable overweight prick.... It won’t work.



4) ***Earn Their Respect***

If your kids don't respect you, they will not listen to you.

If they don't want to be like you to begin with, why would they respect you?

It's your job as a parent to provide your kids with someone worth respecting, think "superhero."



Your kids are constantly comparing you to other people they meet.

- Their teachers
- Their coworkers
- Your friends
- Your friends parents
- Your extended family

If you are not a superhero to your kids, they will find one elsewhere.

Rather, they will idolize someone or *something* else including drugs.

5) Get On The Same Page.

You and your significant other must be on the same page.

If you are not on the same page this will create gaps in the boundaries and rules set forth in your home.

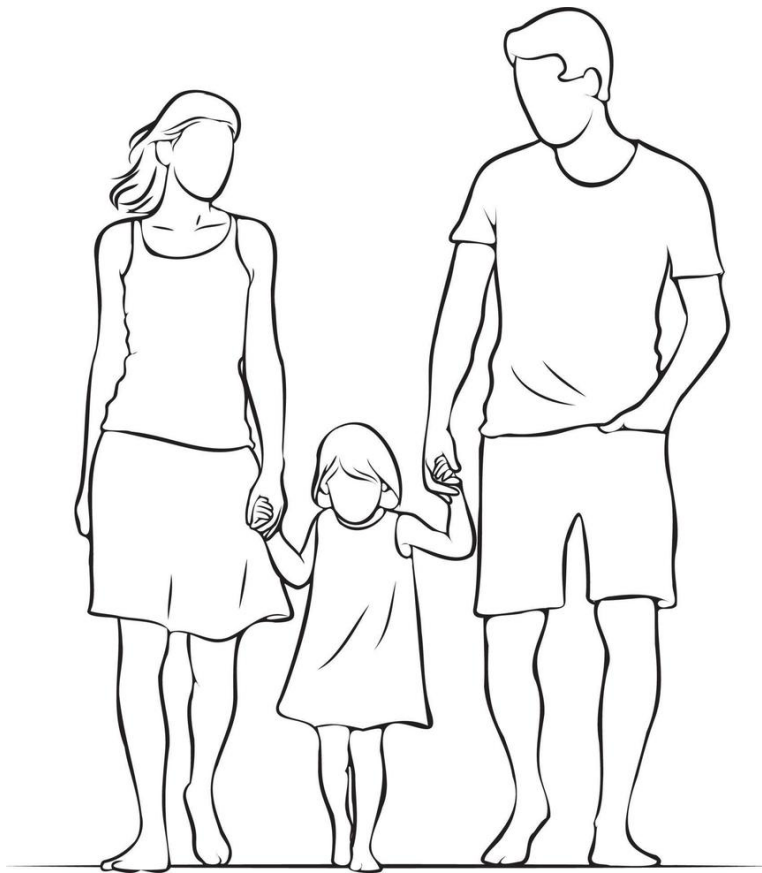
This is also a way of reinforcing respect.

If you respect your spouse that means you have their back, PERIOD.

If you and your significant other don't have respect for one and other don't expect your children to either.

Children are not stupid and they will take full advantage of any opportunity they can, don't give them one.

Get on the same page about everything and anything concerning your kids.



6) Keep An Eye On Their Friends

You are the sum of the 5 people you hang around most.

Throughout high school and college this will most likely not be you as the parent.

Teach your kids about the type of people they should want to surround themselves with.

How do you teach them? Choose wisely who you expose them too, starting within your own friend circles.

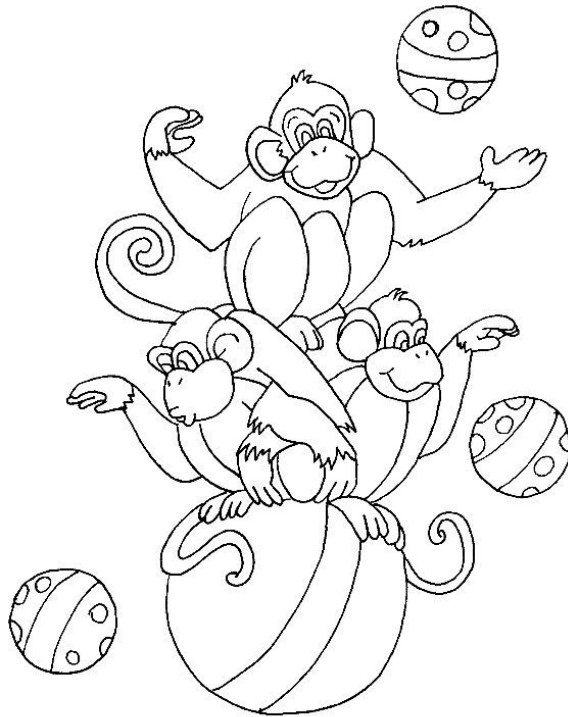
Put your kids in places where they are likely to meet other kids you strive for them to be like.

This can start with the school you send them to. The activities you enroll them in, or the even the things you have them attend (such as service events).

(Service is a great thing on its own, something I feel all kids should be exposed to.)

If you hang out with monkeys your life will become a circus.

Most of this garbage with drug use begins in school/ college, largely due to their friends.



7) Work On Yourself First!

Teach your children self-development through action.

Your kids want to see you do well as much if not more than you do them!

For example, “drunk stoned dad says, I want my daughter to stop smoking weed she is only 15.”

I say, “well dad, maybe if your daughter was not constantly having to worry about caring for your drunk and stoned ass, always concerned with your pain, suffering, and happiness, maybe she would not be inclined to smoke as much, maybe you are a major source of the problem...hmmmm dad?”

If you can’t improve yourself, how are you going to help them? (You are not)

Teach your kids self-development. **SHOW THEM!**

Self-development leads to confidence, confidence being the anti-pill of addiction. Your child’s confidence begins with you!



8) Give Them Opportunity

Just because you are burned out does not mean your kids are.

Kids have an abundance of energy. That energy must be put into something.

Sports, music, hobbies, exercise, service, clubs, working..... anything but drugs.

As a parent it's our job to keep our kids busy and provide them with opportunities to do such.

With money comes opportunity. This is reality.

Hockey, sports, hobbies, activities, gym memberships, all cost money.

If your child does not have opportunity due to your limited finances this must be addressed.

It is your responsibility to fix this.

What is the number one reason kids tell me they use drugs, outside of anxiety related to family issues?

BOREDOM!

Keep in mind, just because you are busy does not mean your kids are occupied.



9) *Learn Proper Discipline*

Proper discipline can only be learned after respect is earned.

Many parents I work with think discipline = respect, and it does not.

Respect starts with giving your child someone to look up.

Discipline is important. What is more important is the right implementation of discipline.

Keep in mind *discipline* is also about behaviors.

Do you show discipline in your life choices as a parent?

- In your work ethic
- In the food you eat
- In the exercise you do
- In the activities you embrace and avoid
- In your spending

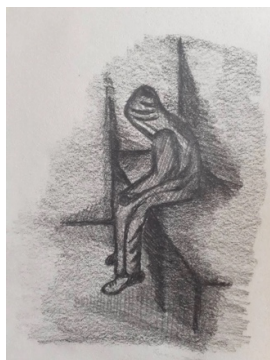
For example: Timmy gets caught vaping in school. Timmy is suspended from school and sent to his room with no phone, no games, no friends, no going outside, no anything (except the drugs he hid under his bed).

I SEE THIS ALL THE TIME!

This is a form of isolation. Do you know what this does to people? Recall COVID?

It messes them up. Your “discipline” may be doing more harm than the drugs themselves.

If you don’t understand proper discipline, or you lack “*discipline*” yourself, work with a coach or therapist who does.



10) *Have A Relationship*

Have a relationship with your kids.

Speak to them, interact with them, check in on them.

It's easy to get lost in the hustle of our own lives while forgetting about the development of theirs.

Don't assume they are "doing well" confirm it and confirm it often.

A relationship also means providing space for them to speak.

If you are always telling your kids about *your* marital issues, *your* money problems, *your* health issues, *your* crap day at work, you.... You.... You.... They will recognize there is no space left for them.

(They are also learning how to whine, only for you to say "stop whining.")

For example, Timmy says, "mom has enough on her shoulders, I will not bother her with my drug use."

Yes, this happens all the time!

The more your "trauma dump" on them the less they will want to "burden" you.

Stop complaining about *your* problems, they have enough of *their* own, and they need their parents help to get through it.



11) *Last But Not Least...*

Allow God into your home.

If you are not religious, and your home has divulged into chaos, maybe it's time you try religion.

Religion can provide your child with rules, expectations, morals, ethics, and above all else faith.

I have been with and without God in my life, and I have determined I much prefer God by my side.

This PDF is not about religion and addiction recovery, for now I will leave it at that.



This PDF only scratches the surface of this topic. It should be enough to get you started.

If you need help or have a child suffering from substance, use it is best to get a third party involved.

Kids don't listen to their parents, but they tend to listen to others (;

I have left a link below as well as my email for those interested in 1:1 addiction recovery coaching.

Link: <https://stan.store/AddictionMindset>

Email: docfrankhere@addictionmindset.com

Sincerely,

Dr. Frank