



# The Addict as A Mother

I was taken from my home when I was a little kid. I needed to get away from my mother, who was a drug addict. I had no idea the medications mom was taking were dangerous when I was younger. I simply assumed she was ill and taking medication to get better.

But I was mistaken. She was the finest mom when she was sober. But only when she was sober was she able to do so.

Forgetting to take me to school. It's not uncommon for her to go days without returning home. When she was stoned, she didn't care about my meals and even embarrassed me in front of my classmates.

## I went through everything.

Fortunately, her negligence did not go undetected, and the state granted Grandma guardianship of me, who nurtured me as a civilised person. She also informed me about my mother's difficulties. Some of the details she shared with me about my mother and her addiction helped me grow as a person. Her comments also helped me to stop resent my mother for her carelessness. In fact, they made me understand what a difficult life she was living, and how things could have turned out differently if she had sought assistance sooner! Despite the fact that household dynamics have altered throughout the globe, women continue to be the primary caregiver in the majority of households. Having a mother who is an addict is tough, and it affects the kid in every way.

Children whose moms are addicted are often befuddled, dissatisfied, and lacking in self-esteem. These youngsters have major flaws, and they may be [predisposed to use alcohol](#), drugs, or have behavioural problems as adults.

Fortunately, there are certain steps that may be taken to guarantee that the kid is able to repair some of the damage and push the life's "refresh" buttons for a better future.

Here are some helpful hints for getting your kids to understand:

## 1. Addiction is a disease.

Yes, children of all ages recognise when something isn't quite right! However, they are perplexed by their mother's actions. They must comprehend that addiction is a sickness and that their dad is not a "bad" person. Their responses are just a result of the illness, which need thorough therapy.

## 2. You are not to blame

Children grow up believing that it is their responsibility if their parents behave badly. However, it is critical to convey to the children that their parents' addiction is not their fault. They didn't start it, and they won't be able to stop it.

## 3. There are a lot of people just like you!

Youngsters must understand that they are not alone, and that millions of other children are experiencing similar difficulties. They should be taught that they are not alone, since there are many other children in their community who are dealing with similar issues.

## 4. Speak out!

Children who grow up in a tumultuous home may be hesitant to speak out. They should, however, be encouraged to talk about their emotions and anxieties with others. Children with addicted moms must learn to speak about their issues without feeling embarrassed, humiliated, or frightened.

## 5. Assist youngsters in finding support groups.

If you know of a kid who is suffering as a result of their parents' carelessness, link them with a reputable rehabilitation agency, support group, or even a caring family member or acquaintance. When parents struggle with addiction, their children suffer tremendously, and having someone to speak to is an important part of rehabilitation.

### Resources:

<https://www.huffpost.com/entry/surviving-my-mothers-drug-addiction>

<https://www.verywellmind.com/what-to-tell-children-about-a-parents-addiction-66633>