

5 TAKE HOME TIPS FROM YOUNG PEOPLE



SUPPORTING PARENTS HEALTHY CHILDREN GUIDELINES

GIVE US INFORMATION...



Provide information so we know we're not alone

Help us find information and link us with other kids whose families have similar lives, so we don't feel alone.

REASSURE US



Reassure us that it's not our fault when things are difficult

It's easy for us to feel like family challenges are our fault. Reassure us and don't assume that we know it isn't our fault when things are hard.

DON'T ASSUME



Don't assume that abuse or neglect is happening; don't assume it isn't

Give us a space to talk confidentially about any worries. If our parents aren't treating us well, talk to them about this: let them know it's not okay; don't condone it.

SEE OUR STRENGTHS



Focus on our families' strengths

No family is perfect. Acknowledge the positives and give us hope.

KEEP OUR FAMILIES TOGETHER



Keep our families together

Support us to visit parents in hospital or residential treatment. Link us in with support that will help Mum or Dad with parenting so we can stay in their care.



Supporting Parents Healthy Children

TE TAUTOKO I NGĀ MĀTUA ME NGĀ TAMARIKI HAUORA

SUPPORTING PARENTS WITH MENTAL HEALTH AND OR ADDICTION ISSUES AND THEIR CHILDREN

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