

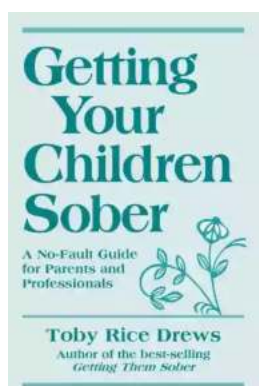
# How to Get Your Children Sober: Insights from Toby Rice Drews

Are you a parent concerned about your child's substance abuse problem? If so, you are not alone. Many families are facing the challenges of addiction, and finding effective ways to help their children get sober can be overwhelming. In this article, we will explore the valuable insights shared by addiction expert Toby Rice Drews, providing you with the guidance and support you need to tackle this issue head-on.

## Understanding Addiction and its Impact on Children

Before diving into the strategies suggested by Toby Rice Drews, it is crucial to comprehend the complexity of addiction and its effects on young individuals. Substance abuse is a chronic illness that affects the brain and behavior, leading to compulsive drug seeking and use, despite the harmful consequences it may bring.

For children, addiction can disrupt their normal physical and emotional development, impacting their academic performance, relationships, and overall well-being. Recognizing the signs of addiction early on is vital in order to provide timely intervention and support.



## Getting Your Children Sober

by Toby Rice Drews (Kindle Edition)

★★★★☆ 4.4 out of 5

Language : English

File size : 350 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled  
Print length : 163 pages  
Lending : Enabled



## **The Importance of Open Communication**

Toby Rice Drews emphasizes the significance of open and honest communication in helping your children through their recovery journey. By creating a safe and non-judgmental space, you can encourage your child to share their experiences, fears, and concerns.

Listening actively and attentively to your child's struggles can strengthen the bond between you and serve as a foundation for support. Avoiding blame or confrontation is crucial; instead, provide empathy, understanding, and encouragement to empower them to make positive changes in their lives.

## **Seeking Professional Help**

While parental support is crucial, seeking professional assistance is equally important. Toby Rice Drews suggests reaching out to addiction specialists, therapists, or counselors who have experience in dealing with adolescent addiction. These professionals can provide specialized guidance, intervention strategies, and therapeutic support tailored to your child's unique needs.

Remember that addiction is a complex issue, and it is not solely a result of parenting. Professional help can help you gain a deeper understanding of the underlying factors contributing to your child's addiction, allowing you to navigate the recovery process more effectively.

## **Creating a Supportive Environment**

Recovery does not happen overnight, and creating a supportive environment plays a fundamental role in the process. Toby Rice Drews emphasizes the importance of removing triggers and negative influences from your child's life, which may include friends who promote substance abuse or unstructured environments.

Encouraging positive activities, such as sports, hobbies, or creative outlets, can help redirect your child's energy towards healthier alternatives. Building a strong support network within the family and community can also provide the necessary encouragement and accountability throughout the recovery journey.

## **Setting Realistic Expectations**

When it comes to addiction recovery, it is crucial to set realistic expectations for both yourself and your child. Toby Rice Drews highlights the importance of patience and perseverance. Recovery is a gradual process, and setbacks are common.

While it is essential to provide your child with support, it is equally important to promote personal responsibility and accountability. Encourage them to take ownership of their actions and decisions, and celebrate every milestone achieved along the way.

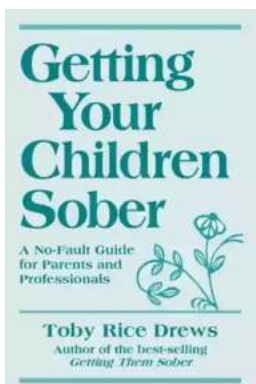
## **The Power of Education and Awareness**

Finally, Toby Rice Drews emphasizes the need for parents to educate themselves about addiction and its treatment options. By becoming knowledgeable about the subject, you will be better equipped to support your child's journey to sobriety.

Additionally, spreading awareness about addiction within your community can help remove stigmas and pave the way for a more supportive and understanding

environment.

Getting your children sober is a challenging and emotional journey. However, with the guidance and insights provided by addiction expert Toby Rice Drews, you can approach this issue with confidence and support. By fostering open communication, seeking professional help, creating a supportive environment, setting realistic expectations, and educating yourself, you can provide the tools your child needs to embark on a successful recovery journey.



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HUNDREDS OF PRACTICAL AND EFFECTIVE SUGGESTIONS TO -----

----- discover "what's really going on"

---- get others to be "the bad guy" if an intervention is needed

---- learn whether or not your child is "going through a phase" or if it's really alcoholism//addiction

---- learn about the genetics of alcoholism -- and that you are not to be blamed

---- learn why you are NOT an "enabler" --- no matter what others have said

---- learn what to do if you are surrounded by alcoholics

--- deal with your alcoholic -ex (if you are separated) and he

a.) plays "Santa" with your child, making you seem like the heavy-handed 'bad' guy who's 'paranoid' and 'always sees a problem'

b.) is drinking alcoholically himself-- and your child "looks up to him"

c.) offers to have your child live with him (so he can pay less child support) ---- but who drives drunk and offers your child beer or pot or pills

d.) has a 'new girlfriend' or wife who drinks with him--- and who tell the world that you're just jealous when you don't want your children around that kind of influence

e.) much more.....

CHAPTER TITLES ARE ----

Foreward by Carolyn Burns, former vice-president, National Federation of Parents for Drug-Free Youth

Three parents tell their stories

Is it "just a phase"?

Parents are not guilty --- the genetic facts about alcoholism

Why most therapies haven't been able to help

Suicide, therapy, and other teen issues: young A.A. members anonymously tell their stories

Intervention

Tough love is too tough for most of us with our children ---- how professionals can help do the intervention for you

During treatment and after ----- the recovery process continues

If your child is also mentally-ill

Caught in the middle ----- when adult children of alcoholics are also parents of alcoholic children

Alcoholic 'games' ---- when your alcoholic ex-spouse adds to your troubles

Surrounded by alcoholism ---- if your spouse AND children are alcoholic

Recovering alcoholics deal with their own children's alcoholism

No need for shame----- if your child is violent

OTHER BOOKS BY TOBY RICE DREWS----

\*\* "Getting Them Sober, volume one -- You CAN Help!" (this million-selling classic is endorsed by Dr. Norman Vincent Peale, 'dear Abby', and Melody Beattie, who said, "Getting Them Sober is the best book for the family of the still-drinking alcoholic"),

\*\* "Getting Them Sober, volume 2" (more on total family healing),

\*\* "Getting Them Sober, volume 3" (more family issues that arise because of addiction ---- AND half the book details the 350 secondary diseases and disorders to alcoholism),

\*\* "Getting Them Sober, volume 4" (the hidden issues during AND after divorce -- - when there is alcoholism)",

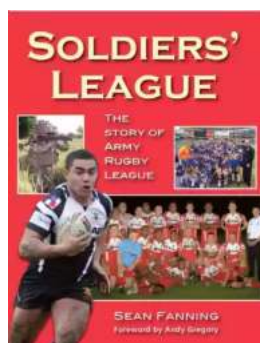
\*\* "Sex and the Sober Alcoholic".

#### ABOUT THE AUTHOR ----

Toby Rice Drews trains counselors throughout the U.S. and Canada, writes, consults by long-distance telephone with family members, and leads "Teletalks with Toby" ----- three-times-a-week telephone group sessions with family members throughout the world.

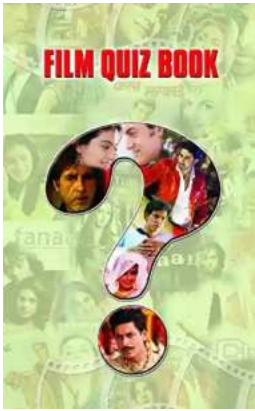
Her AOL-lauded website --- [www.GettingThemSober.com](http://www.GettingThemSober.com) ---- is chock-full of help for families of alcoholics and addicts.

Toby Drews can be contacted at [tdrews3879@aol.com](mailto:tdrews3879@aol.com)



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