

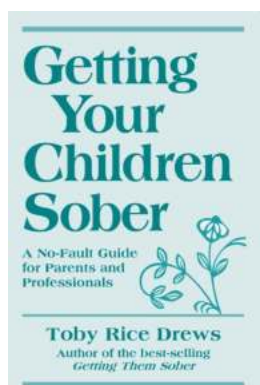
Getting Your Children Sober with Toby Rice Drews

Being a parent is one of the most fulfilling and challenging roles in life. As our children grow, we want nothing but the best for them. However, when we discover that our child is struggling with substance abuse, it can be incredibly distressing and overwhelming. In this article, we will delve into the effective strategies and guidance provided by renowned addiction expert, Toby Rice Drews, to help parents navigate the journey of getting their children sober.

The Realities of Substance Abuse Among Youth

Before we discuss the ways to help your child overcome drug or alcohol addiction, it is crucial to understand the realities that surround substance abuse among youth.

Statistics show that an increasing number of adolescents and young adults are struggling with substance abuse. Peer pressure, curiosity, and various environmental factors contribute to the initiation of drug or alcohol use. As parents, it is essential to recognize the signs of addiction and intervene promptly to prevent long-term consequences.



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



Toby Rice Drews' Approach

Toby Rice Drews is a renowned addiction expert with years of experience in helping families and individuals overcome substance abuse. Her approach focuses on providing effective tools and support systems for parents to guide their children throughout the recovery process.

One of the pillars of Toby Rice Drews' approach is communication. Open and honest communication between parents and their children creates a safe space for discussing addiction and its impact on their lives. Toby emphasizes the importance of active listening and developing empathetic connections with your child to foster trust and mutual understanding.

Understanding the Root Causes

In order to effectively address substance abuse, Toby Rice Drews emphasizes the significance of understanding the root causes of addiction. Often, underlying issues such as trauma, mental health conditions, or family problems contribute to the development of substance abuse disorders. By identifying and addressing these underlying issues, parents can provide their children with the necessary support to overcome addiction.

Toby also helps parents recognize the role of genetics in addiction.

Understanding the genetic predisposition to substance abuse can aid in developing personalized strategies for recovery.

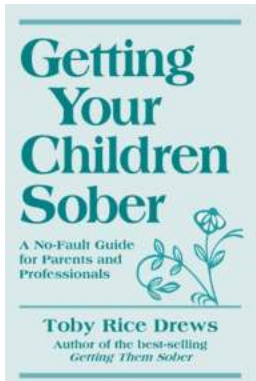
Actionable Steps for Parents

Toby Rice Drews provides actionable steps for parents to help their children on the path to sobriety:

1. **Educate Yourself:** Gain knowledge about addiction, including its signs, symptoms, and available treatment options. This will help you understand your child's journey better.
2. **Seek Professional Help:** Consult with addiction specialists and therapists who can guide you and your child through the recovery process.
3. **Develop a Support Network:** Create a strong support system for your child, including sober friends, support groups, and positive role models. Encourage their participation in activities that promote a healthy and drug-free lifestyle.
4. **Establish Boundaries:** Set clear and consistent boundaries to ensure your child's safety and well-being. Enforce consequences for violating these boundaries, while always maintaining open communication and expressing your unconditional love and support.
5. **Encourage Self-Care:** Teach your child the importance of self-care practices such as exercise, proper nutrition, and stress-management techniques.
6. **Celebrate Milestones:** Acknowledge and celebrate your child's progress throughout their recovery journey. Recognize even the smallest achievements to provide motivation and reinforce their commitment to sobriety.

With Toby Rice Drews' guidance and support, parents can navigate the challenging path of getting their children sober. By understanding the realities of substance abuse, utilizing effective strategies, and creating a strong support network, parents can offer their children the best chance at a sober and fulfilling

life. Remember, your love and unwavering support can make all the difference in your child's journey towards recovery.



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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)",

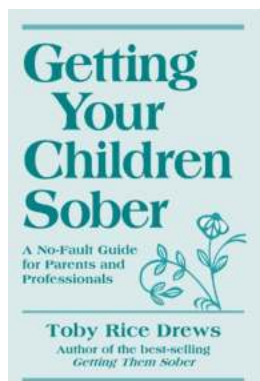
** "Sex and the Sober Alcoholic".

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 ---- is chock-full of help for families of alcoholics and addicts.

Toby Drews can be contacted at tdrews3879@aol.com



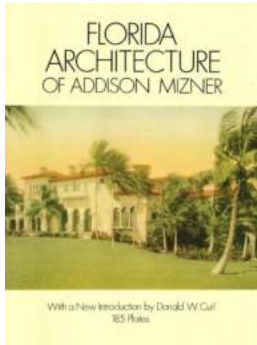
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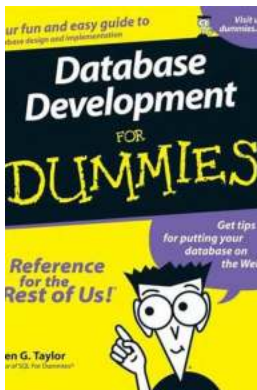
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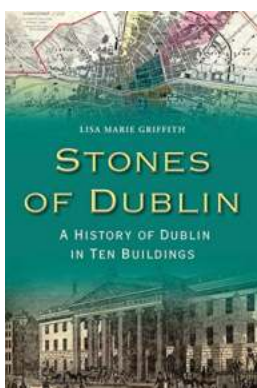
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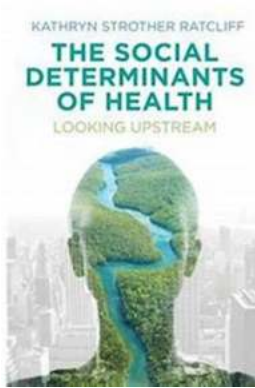
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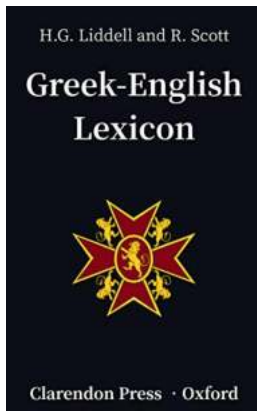
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