

HARM REDUCTION

strategies for parents

Record how much you use. This can help you reduce your use, even if that was not your original goal.



Set limits on when and where you use, like waiting until after 5:00 to drink or only using at home or with a trusted friend.



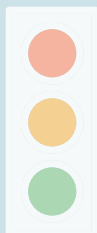
Make a list of the risks and benefits of stopping and continuing to use. Think about where you're at or who you're with when you use.



Avoid using opioids, alcohol, or other depressants (downers) when you are alone or feeling vulnerable.



Switch to a safer method - which might be different for each substance. For example, taking a pill is safer than injecting heroin, but it is easier to control your dose of cannabis when vaping than when eating edibles.



Set personal limits on what you use, when you use, and how much you use. For example, don't combine substances, or plan to have no more than 3 drinks over 2 hours.



Make a safety plan before you use. For example, arrange transportation so you don't need to drive.



Make a parenting plan before any substance use - including alcohol use. Arrange for help with childcare. Know what you'd do in an emergency.



Attend support groups like Moderation Management, SMART Recovery, NA, or AA. Look for peer support.



Take good care of your body and mind. Eat healthy foods. Get enough sleep. Exercise. Drink water.

