



I Can Be Me: A Helping Book for Children of Alcoholic Parents

Ed.D Dianne S. O'Connor

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Excellent and much needed; it offers children hope and a sense of control." -Kathleen Michael, M.H.S.S., Therapist & Consultant, Toronto, Ontario Has drug or alcohol abuse in your family caused your child to become withdrawn or to act out? Is addiction in a family member contributing to upset and stress in your child? Do you want to help your child understand the problem and communicate about his/her feelings? Do you want to help your child develop healthier coping strategies? I Can Be Me is a helping book for professionals and parents who want to help children of alcoholic parents. Written for children ages 4 to 12, it can be read by a child alone or worked through with a caring adult. Simple line drawings and text speak to children in a language they understand and are based on the real experiences of children with addicted parents. Written from the perspective of children whose parents are addicted to alcohol and various other drugs, this book helps children take off the masks that hide their true feelings and educates them about alcohol or drug abuse in the family. Entertaining drawings and simple text make this book easy to understand and invite children to add their own thoughts and feelings. Children often feel alone in homes where alcoholism or drug abuse is present. I Can Be Me helps children understand more about addiction and realize that they are not to blame for their parents' problems. Through a series of creative exercises and activities children learn about healthy coping strategies and that they are not alone. Eight separate units make this book an ideal companion to counseling or support group sessions. Parents or counselors can also use a single section to address the unique concerns of an individual child.

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