

Card 8: Substance Use in Household

Start by saying “Does anyone at home use tobacco or drink? I would like to talk to you about substance use in the family today. Everything we discuss will be strictly confidential.”

Ask

- Do you or your partner smoke? Or chew tobacco?
- If yes, is it inside the house? Around the baby?
- Do you or your partner drink?
- How much of your income is being spent on substance use?
- How has your / your partner’s substance use affected you and your family?
- Are you aware of how substance abuse can impact your health/ your child’s health/ family’s health?



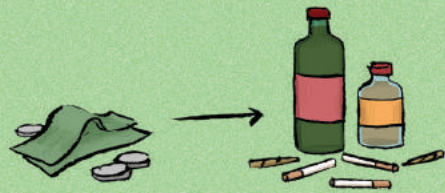
Discuss and Suggest



Being in the presence of someone who smokes can be harmful to both the mother and the child who indirectly inhale the smoke. This can cause respiratory and other health problems in those exposed over and over again.

Alcohol consumption by the mother directly harms breastfed newborns and toddlers affecting their growth.





Due to repeated purchase of substances, lesser finances will be available for the family's needs.



Substance use by parents may lead to poor bonding, less time spent with children, and higher chances of neglect and abuse.

Substance use by parents may also drive children towards using substances in later years.



Remember the 5 D's!



delay your craving



deep breaths



discuss your feelings

drink water



distract yourself

- Do not let anyone, including your husband or in-laws smoke around your infant. Quitting completely may be difficult for some, in that case, it may be advisable to ask the father/any other relatives to avoid smoking in the house and spend more of the time at home doing activities together. In case of an unmanageable craving, they can be requested to go outside the house. The family must appreciate any efforts taken in this regard which may further motivate the father to act responsibly for the sake of his and his family's health and actively seek help.
- Avoid drinking alcohol while you are still breastfeeding your baby.
- If other members in your family drink and tend to become aggressive or abusive, you could have a gentle conversation with them about this about how this may impact the young child
- Encourage to seek help by saying – “There is no shame in SEEKING HELP if you are unable to quit. It is a sign of strength that you are willing to change for yourself and your family.”
- Refer to the nearest DMHP for assistance on quitting tobacco/alcohol.