

Adults with young children:

If your sobriety is in jeopardy, there are a number of things you can do:

1. Call someone/Call your sponsor/Get a network of people who have a similar situation. Accessibilities has a number of people who have volunteered to call people.
2. Get together with other parents of young children who are in the rooms. Get a network of people who have a similar situation. (You don't have to make it an official meeting, but you know what you have in common and can share quietly while your children can play together). Share about your difficulty getting to meetings in meetings so you can get help connecting with others.
3. If you need a meeting and can't get a babysitter, here are some suggestions that may help you and the group you would like to attend:
 - A. There are a number of open meetings around, you don't have to be an alcoholic to attend.
 - B. Bring quiet toys that will keep your child engaged or games such as coloring books, games with headphones (this will also help with privacy because it will limit what the child hears.)



C. Remember anonymity is important so have your child within eye sight but not necessarily near the group.