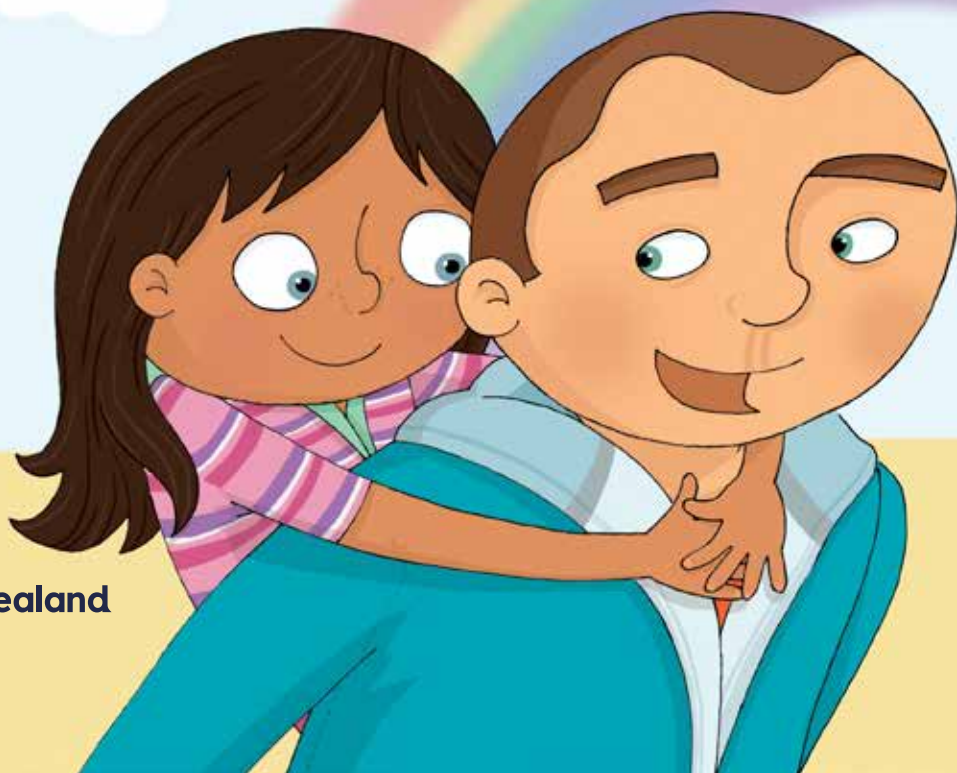


Reading Ruby's Dad with Children:

Tips for parents and carers



Health New Zealand
Te Whatu Ora

This is Ruby's story about living with a parent who is a heavy drinker of alcohol. Her story provides a way to start a conversation with children in a similar situation, so they can talk with you about what it's like for them.

Who is it for?

- Children 6-11 years old. Younger or older children may like to read it as well.
- It will be most useful for children who live with a parent who is a heavy drinker. Parents and carers, and other relatives, might find it helpful too.

When you read it together

- Pick a time when you're not rushed or likely to be disturbed.
- Help the child to feel calm, comfortable and safe.
- Don't read it to a child for the first time just before their bedtime.

Use this story to help start conversations

- Some children may open up and talk easily but others will need more time.
- Respect each child's different personality, and privacy.
- Let the child lead – don't push them.
- Ask a few questions about the story, and how they feel about it, then listen well to their answers. Be prepared to answer any questions the child has, as best you can...

Call the **Alcohol Drug Helpline** for confidential information, advice and support **0800 787 797**

For support please contact

Skylight
800 299 100 | info@skylight.org.nz

We help people through tough times



To order additional copies of **Ruby's Dad**, visit **resources.alcohol.org.nz**



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