

10 Tips for Mothers Struggling with Addiction

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Motherhood is hard, and when you're facing the challenges of addiction, it can feel overwhelming and isolating. Many moms carry guilt and shame, but needing help doesn't make you a bad parent. You can love your kids and work on yourself at the same time. These 10 tips offer support, hope, and practical steps for your journey towards healing.

1. YOU'RE STILL A GOOD MOM

- "I can love my kids and still need help. Both can be true. It's okay."

2. START WHERE YOU ARE — NOT WHERE YOU THINK YOU SHOULD BE

- "What's the next right thing I can do today?" One step at a time!

3. FIND A SAFE SUPPORT CIRCLE

- NA/AA or women-only groups
- Moms in recovery support programs
- Online meetings for flexibility

4. IT'S OKAY TO NEED HELP WITH PARENTING

- Parenting classes
- Childcare
- Peer Support

5. HEALING YOUR MIND AND BODY IS PART OF BEING A MOM

- Sleep, food, structure
- Mental health support
- Self-care is survival

6. SET BOUNDARIES WITH PEOPLE WHO HARM YOUR RECOVERY

- You don't owe anyone access to you while you're healing

7. EXPECT TOUGH DAYS — BUT DON'T LET THEM DEFINE YOU

- GET BACK UP!
- Call someone
- Show up tomorrow

8. MAKE A SIMPLE RECOVERY PLAN THAT FITS YOUR LIFE

- Telehealth or Community-based Programs like Wedgwood
- MAT options
- Apps: SoberTool & I Am Sober

9. REMEMBER WHAT'S POSSIBLE

- You are not broken
- You are becoming
- Recovery may feel impossible, but thousands of moms have been where you are and made it through
- You deserve to heal, and your kids deserve to see you heal

10. YOU'RE WORTH IT — EVEN WHEN YOU DON'T FEEL LIKE YOU ARE

- You are strong
- You matter
- You can change
- You are not alone