

**Parents and children have rights.
You have the right to:**

- **privacy and confidentiality**
- **know who to contact** at any stage with questions or concerns, or for support. If you don't know who to contact, ask your **Midwife, Health Visitor, or Teacher / Head Teacher**
- **good quality support** if you have any worries about the way you or your child is being treated, discuss them with your worker and/or their manager. You can also make a complaint through the service's Complaints Procedure.



You have a responsibility to:

- Ask for help
- Take care of your children
- Work with services by telling the right people the right things, to get the right support.

Service responsibilities

All services:

- have to put the welfare of children first
- will work in partnership with you and your family, whenever possible
- must treat you with respect and dignity and arrange help for families when they need it.

Further support?

There are many different services in your area. Please ask your worker for advice.



Drink & Drugs (& Kids)

- ➔ **Are you getting help for your alcohol or drug use, or thinking about it?**
- ➔ **Do you care for a child or young person, or are you expecting a baby?**
- ➔ **If yes, then read on to find out how services can support you.**



This leaflet has been designed so that a worker can go through it with you.

New Guidelines

New guidelines have been developed for services in Lothian to help children who have parents who use alcohol and/or drugs. This is because children and families often need extra help when alcohol and drug use becomes a problem for the family.

So, when working with services (for children or adults), you will be asked if you look after children and whether you drink alcohol or take drugs, and whether you need extra help for your children.

This leaflet tells you:

- what should happen when you work with these services
- what services can do for you and your family, and what you can do
- what your rights and responsibilities are.

What will happen?

Services will try to meet your needs and your child's needs while keeping everyone safe. Whenever possible, parents will be offered support and children will remain with their parents. Everyone will be asked if they look after children and the children's needs will be assessed. Then 1 of 3 things will happen:

1. No extra help or support needed

Child attends usual services, available to all children and young people, e.g. Health and Education.

2. Additional support needed

You will be invited to a meeting to agree a support plan for your child/ children and the whole family.

3. Risk to child's welfare suspected

Brief assessment to confirm risk (if not confirmed, go to 2). If confirmed, a child protection case conference will take place and a child protection plan will be put in place. Again, whenever possible, children will remain with their parents.



If you're a Dad, all the information here applies to you too.



If you or your partner is **pregnant**, extra support will be offered and a meeting will be arranged for around 3-4 months before the baby is due. At the meeting, a plan for the new baby and your family will be agreed.

Sharing information

No information should be shared about you or your child without your agreement.

Workers should only share information on a 'need to know' basis, e.g. to help plan support for you and your family.

Information will only be shared without consent if a child is at risk of harm.

