



# Children of parents with AUD

Children of persons with alcohol use disorder (AUD) are more likely than others to become addicted to alcohol or other drugs.



It is common for children of parents with AUD to blame themselves for their parent's drinking problem. In truth, children do not cause the problem, can't control it, and can't cure it.

To help cope with being the child of a parent with AUD, contact Al-Anon /Alateen at [al-anon.alateen.org](http://al-anon.alateen.org).

A person with AUD needs professional help. To learn more about alcohol treatment options visit [alcoholtreatment.niaaa.nih.gov](http://alcoholtreatment.niaaa.nih.gov).