

Ino soma

# Adult Children of Alcoholic Parents

*the consequences for the physical and  
mental health of the child, his future life*

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## **Introduction**

A healthy person is a person who has a harmonious development and who is well adapted to the physical and social environment that surrounds him. Unfortunately, more and more young people are now starting to abuse alcohol and thus destroy their physical and mental health. There are several reasons for this. We will only look at a few. One of the first reasons is the consumption of alcohol by parents, that is, the effect of alcohol on the offspring. “Parents drink - children suffer. Parents

who have a difficult relationship with alcohol cause irreparable harm to their child - in addition to various chronic diseases and pathologies, he can also inherit psychological problems. And although alcohol abuse has not affected the health of the child, in many cases it initially determines the later development of his life - most children who have grown up in families where one of adults addicted to alcoholic beverages have cognitive problems. They are manifested in the inability to keep their attention on an object for a long time, in violation of communication skills, in problems with discipline - the consequences are varied.

## **Stages of alcohol consumption:**

- the onset of use - "pen test" - most often falls on adolescence, less often on children. The reaction to the first alcohol consumption considerably influences the subsequent behavior in this area.
- experimental use - occurs in adolescence and adolescence, when a teenager experiments with various alcoholic drinks in order to achieve the most pleasurable effect
- social consumption - consumption occurs in certain groups and for some, accepted in a given culture, for social reasons. Preferences

and forms of use have formed, its negative and positive consequences are fully realized. Most people stop at this step, but it is possible to move on to the next step.

- usual use is a step towards addiction. Drink from episodic to systematic, looking for a business with similar interests. The doses of alcoholic beverages are increased, the control of the amount of alcohol is reduced. With increasing doses of alcohol, the body's tolerance to alcohol increases, signs of psychological dependence appear. The work of internal organs is disturbed, and various deviations of the nervous system appear: