

Abstract

Parenting may be particularly challenging for substance-dependent mothers who have grown up with parents who themselves had substance use disorders (SUDs). How may it be possible to prevent the children from developing SUDs or similar difficulties of their own?

To explore the mothers' own understandings of these challenges, we in-depth interviewed nine mothers admitted together with their children to inpatient treatment at a substance abuse clinic in Norway. The mothers worked hard to stay abstinent, become sensitive and predictable mothers, process traumatic experiences, develop new social networks and be integrated into society. Finally, implications for the support services are discussed.