CHECKLIST

# Protecting children from gambling harm: a family checklist

- [ ] Separate money for bills, rent and food into an account the person gambling cannot access
- [ ] Speak to children honestly about what is happening, in words suited to their age
- [ ] Keep daily routines as predictable as possible to give children stability
- [ ] Set boundaries so children are never asked to monitor or manage another person's gambling
- [ ] Reassure children the problem is not their fault and that adults are responsible for solving it
- [ ] Look after your own wellbeing so you can be present for your children
- [ ] Write down what you observe so you can track patterns and seek appropriate help