

A Holiday Season Filled with New Hopes and Traditions

The holiday season is filled with traditions. Some bring us comfort and joy: cooking the special family recipes, sharing meaningful moments together and reconnecting with cherished loved ones. But some traditions only bring pressure and panic: honoring a lost one's legacy, trying to meet impossible gift expectations or toasting with champagne at midnight.

Traditions can feel more compulsory than voluntary. Growing up, we collected unwritten rules about how we should do things during the holidays, and we carry them into adulthood whether we understand them or not.

For families in recovery, some traditions—particularly those that include extended family and alcohol—can bring a lot of worry, especially for kids. The heightened pressure we all feel to have a “holly jolly holiday” can even cause us to have a miserable time.

As you head into the holidays, maybe take some time to think about your traditions, whether you learned them as a kid, you follow them now or you stopped practicing them altogether. Encourage your kids and family members to do the same. Talk about what these traditions mean to you, which ones are unnecessary and which ones you may need to alter or let go of. At the same time, you can talk about some new traditions that you want to start that support you and your family's recovery.

After all, isn't that what recovery is about? The practice of freeing ourselves from compulsion into purpose, awareness and true joy.

CAREGIVER'S CORNER

Need Someone to Talk To?

We are happy to announce our annual holiday hotline tradition will be available to all alumni of the Children's Program. Call us and talk with one of our children's counselors from California, Colorado or Minnesota to get extra support during the holidays.

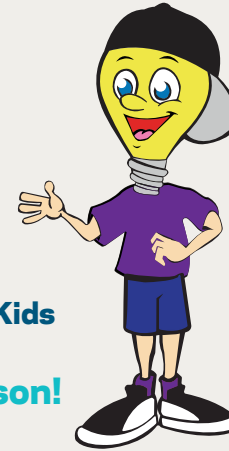
Friday, December 17 through Sunday, January 2

California **760-773-4291**

Colorado **303-745-2275**

Minnesota **651-213-4720**

You are not alone.



You can also visit our website to do some fun holiday activities: **HazeldenBettyFord.org/Kids**

Have a happy and safe holiday season!

Please reach out if you ever need us.

California Team

760-773-4291
ChildrensCA@HazeldenBettyFord.org

Colorado Team

303-745-2275
ChildrensCO@HazeldenBettyFord.org

Minnesota Team

651-213-4720
ChildrensMN@HazeldenBettyFord.org

The Hazelden Betty Ford Foundation is a force of healing and hope for individuals, families and communities affected by addiction to alcohol and other drugs.

Beamer's Buddies

WINTER 2021

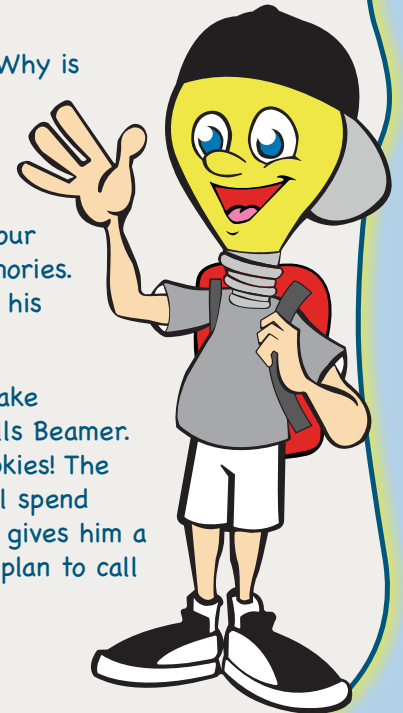
Beamer Is Having a Sad Time

Beamer feels very sad, and he's been keeping it inside. His buddy Jamal is moving away with his family. Beamer has known him since first grade. They hang out, play and always have fun together. Both have addiction in their families. Jamal is a safe person and a great friend.

Sitting with MooMoo, Beamer asks, "Why is this happening? I don't want Jamal to leave." MooMoo gently responds, "Sometimes people we care about go away." Beamer tears up as MooMoo continues, "Keep Jamal in your heart and treasure your special memories. Keep in touch with him." Beamer and his grandmother hug.

"Speaking of happy memories, let's make snowflake sugar cookies," MooMoo tells Beamer. He excitedly responds, "The sugar cookies! The holidays are almost here." Beamer will spend the holidays with his family, and that gives him a reason to smile. And Beamer makes a plan to call Jamal to talk and laugh again.

Happy and safe holidays to you all.



Just for Fun



DIY Snow Globe

Today you are going to learn how to make a snow globe of your own! It can be a fun activity to try during winter break. Make sure to ask your grown-up for help.

Materials Needed:

- Oil
- Water
- Beads
- Glitter
- Rocks
- Food Coloring
- Small Toys
- Any clear bottle with a lid



Instructions:

- Fill an empty bottle about one-third full with water.
- **Add a few drops of food coloring.** Here you can personalize by adding any glitter, beads or small toys of your choice!
- Once the food coloring has spread throughout the water, fill the rest of the bottle with baby oil or cooking oil.
- Secure the lid and shake to see the magic happen!

Ask the Counselor

Answers to Your Questions about Addiction & Other Stuff

How can I take care of my kid-self?

There are a few things you can do!

First, take care of your mind. Make sure to keep up on your reading during winter break by reading a book 15 minutes a day. Play mind games like crosswords and puzzles. These will all keep your mind busy and sharp for when school starts up again.

Take care of your body. Go outside and play! You can draw with chalk, have a snowball fight or play your favorite sport! When you're outside, you move your large muscles and work your body.

Take care of your feelings. You can write them down in a journal, draw pictures or ask your grown-up to go for a walk with you. By letting out your heavy feelings, you will not bottle them up inside, and it will make you feel so much better.

Lastly, take care of your fun! During the holidays, you want to make sure that you're having fun. Do the things that you love to do, and enjoy what makes you smile!



Get to Know Natasha from California

How do you have fun? I love to cook for my family. I love to try new, delicious recipes. My favorite food to cook is Cajun food!

Favorite food: My Mom's homemade chicken and dumplings, especially on a cold winter's day.

Superhero I want to meet: I would love to meet Batman and fight crime with him.

What makes you happy? I am happy when I am spending time with my family and friends while eating good food.



Contact me at
NBailey@HazeldenBettyFord.org
or 760-423-6732

Express Yourself



Holiday Art

Here's a drawing sent to us by one of our Children's Program participants!



Want to have your own artwork shown here?

Email us a picture you have drawn about the holidays, addiction or recovery. Look to see if your picture is shown in the next Beamer's Buddies Newsletter! Submit your drawing to ChildrensVS@HazeldenBettyFord.org.