

Earning a Child's Trust with Good Discipline

There's no easy trick to discipline. What works for one family may not work for another, so we encourage you to practice what comes naturally. Reflect on the values you hope to instill in your children. Working back from there, think about which conditions and guidelines would lead a person to live within those values, then create a small set of clear, simple family rules based on that.

Remember that "behavior is communication." When a child's behavior becomes concerning (outside of typical developmental growth), try to interpret their choices as attempts to heal a wound or unmet need. When a child "acts out," it's not because they are a bad kid who wants to defy you—it's because they need something. It's a signal to lean in with curiosity and work *with* them to help them meet their needs.

If a child's behavior is communicating something, then your response communicates something back. How you approach your children, particularly following an unwanted behavior, is one of the most important forms of communication. Seeing them as more than their mistakes, offering them connection and comfort, and patiently teaching them are the foundations for healthy discipline. Taking time to interpret your children's behavior communicates trust, openness and safety. When these needs are met, your relationship will become more harmonious, and concerning behaviors will naturally decrease.

CAREGIVER'S CORNER

It's easy to join one of our virtual or in-person programs!

Pre-register at
HazeldenBettyFord.org/Kids

Or call one of our sites for more information.

California **760-773-4291**

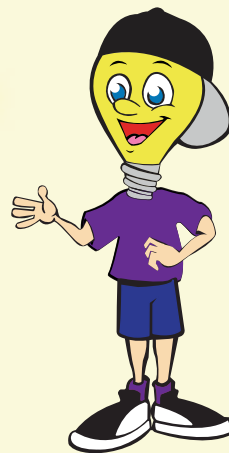
Colorado **303-745-2275**

Minnesota **651-213-4720**

Send Us Your Artwork!

Email us a drawing of the summer fun you are having, or about addiction and recovery, and look to see if your picture is shown in the next Beamer's Buddies Newsletter!

Submit your drawings to
ChildrensVS@HazeldenBettyFord.org



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.

News and Activities from Your Friends at the Children's Program

Beamer's Buddies

SUMMER 2022

Planning for Summer Fun

Now that school is out for the summer, Beamer is worried that he won't see his friends as much. Beamer tells his mom, "I should start planning how to enjoy every minute."

Jamal is going away to a kid's camp at the end of the summer. Beamer thinks about fishing and playing at the park. "We could have lots of fun before Jamal goes away."

Carlos will be gone visiting family most of the time. "We could camp in the back yard and tell funny stories when he gets back. That will be so much fun!"

He tells Mom, "Twinkle is going to come over to play games. Her sister, Bright, will join too!"

Beamer can't be with all his friends at the same time, but he is happy to spend quality time with each one. "I am looking forward to a great summer!"



Just for Fun



My Summer Bucket List

Five things I want to do:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

I want to read:

I want to play:

I want to learn:



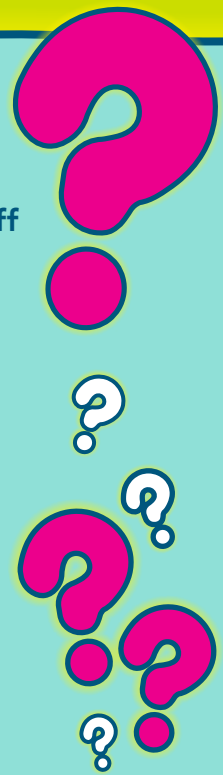
Ask the Counselor

Answers to Your Questions about Addiction & Other Stuff

What can I do when I feel unsafe?

This can be a tricky situation. It is important to listen to your body and trust your feelings. No matter what, you can always start by taking a deep breath. Try your best to calm your body and mind so that you can think clearly. Next reach out to someone who makes you feel safe, like a caregiver or another safe grown-up. Maybe come up with a plan with them beforehand to help keep you safe. For example, if you have a digital device, send a **coded** message (*that only you and your safe person know about*) letting them know that you are **not** feeling safe.

If you aren't able to reach out to a safe adult, do your best to stay physically safe. If there is fighting going on at home, the best place for you might be in a room away from the fighting. It is never a kid's job to get involved. If you are not at home and you feel unsafe, do your best to identify a safe adult to help you. Feeling scared or unsafe is a way that our bodies communicate with us to let us know there is something wrong. Always remember to trust your feelings. You deserve to feel safe!



Express Yourself

Here's some amazing drawing and writing that other kids like you sent in.



Get to Know Alicia Mora from California

How do you have fun? Watching Disney movies with my daughter!

Favorite food: Pepperoni and pineapple pizza

Superhero I want to meet: Black Panther and visit Wakanda

What makes you happy? Going to Disneyland with my family



Contact me at
AMora@HazeldenBettyFord.org
or 760-773-4119

Ask for help from
 sum one you chust
 and thell how you
 are feeling and sted
 of ceeping it in if
 you ceep it in it will
 Make your bag hevyer.

We hope you send us your drawings too.



Your summer newsletter is here!

Beamer's Buddies

News and Activities from Your Friends at the Children's Program

Beamer's Buddies

SUMMER 2022

**Come Read
Your Summer
Newsletter!**

Planning for Summer Fun

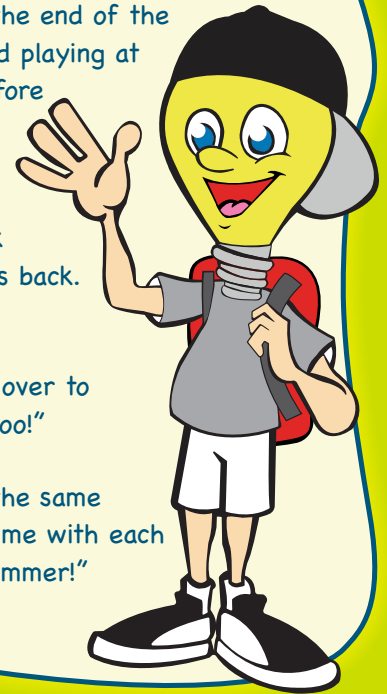
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Beamer's Buddies

**Check out our
resources for
children and families.**

