

## Guiding Children through Change

We all experience change. Big and small, immediate and distant, easy and difficult—we all face constant change. Sometimes we welcome it and sometimes we resist, *but we can always learn from change.* Here are a few ways you can help and support your kids through the process of change.

**Help them prepare.** As hard as change can be, surprise changes are even more difficult. Be honest with children about upcoming changes when you can. Give them as many details as you know. If possible, practice several aspects of what will change so they can become familiar with the new normal and lessen their anxiety.

**Help them cope.** Listen to how they are feeling, let them ask questions and reassure them that even in uncertainty you are there to support them. To give them a sense of agency in the process, ask them what they think will make things easier. Note that not all kids will be open to seeing a “bright side,” and for many kids it helps to be able to share their fears and/or dissatisfaction.

**Be authentic.** These changes may be hard for you too. It’s okay to show and share how you feel as a model that all feelings are okay. Lean on your safe people and places, and encourage your children to do the same.

As always, we believe in you and your ability to do hard things. Keep up the amazing work. We’re here for you through it all.

# CAREGIVER'S CORNER

## Check Out These Resources for Children and Families

Be sure to check out the online Children’s Program and Caregiver Workshop, led by trained staff and available several times a month in the comfort of your home!

You can learn more about the virtual program and all of our other programs at [HazeldenBettyFord.org/Kids](https://HazeldenBettyFord.org/Kids)



### Please reach out if you ever need us.

#### California Team

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ChildrensCA@HazeldenBettyFord.org

#### Colorado Team

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*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

SPRING 2022

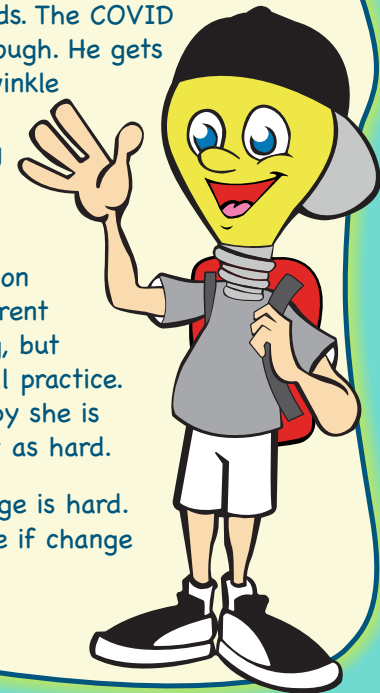
## Change Can Be Hard

A new year has begun. Beamer thinks about all of the things that will change in the new year, and the things that won’t. He has lots of feelings about both. Some change is good, and some is really hard.

Beamer loves to spend time with friends. The COVID virus is still changing lots of things though. He gets to see his friends Carlos, Jamal and Twinkle at school sometimes. Other times, he sees them on his computer. Not playing with them can be hard.

Beamer’s mom is staying away from addiction. She used to go to meetings on Tuesdays, but now she goes on a different night. Beamer is glad that she is going, but now his mom can’t watch his basketball practice. He is sad Mom has to miss it, but happy she is sticking with T & R. This change is not as hard.

Beamer talks to Miss Light when change is hard. He hopes you will talk to someone safe if change has been hard for you too.



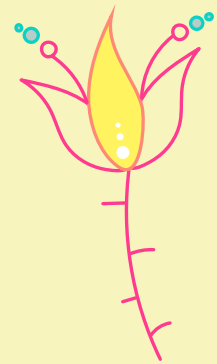
# Just for Fun



## Scramble into Spring

Unscramble the words below by rearranging the letters in the correct order to make a word. Answer key is below.

1. INCPIC \_\_\_\_\_
2. ASYDI \_\_\_\_\_
3. RGSAS \_\_\_\_\_
4. RIDBS \_\_\_\_\_
5. UNS \_\_\_\_\_
6. ARNI \_\_\_\_\_
7. LOWFRES \_\_\_\_\_
8. BOWAIRN \_\_\_\_\_
9. REEGN \_\_\_\_\_
10. EEBS \_\_\_\_\_
11. RFGO \_\_\_\_\_
12. PRIAL \_\_\_\_\_



Answers: 1. Picnic, 2. Daisy, 3. Grass, 4. Birds, 5. Sun, 6. Rain, 7. Flowers, 8. Rainbow, 9. Green, 10. Bees, 11. Frog, 12. April

# Ask the Counselor

Answers to Your Questions about Addiction & Other Stuff

**How many Beamer books are there? Will there be more Beamer in the next books?**

We are happy you are curious about Beamer and his friends! The Beamer series has 15 books in total. Three of those books are from Beamer's good friend Twinkle. Some of you have already read Twinkle's story. Her mom is struggling with addiction and doesn't think she has a big problem. Twinkle and her baby sister, Bright, deal with their mom's addiction differently. We are all unique and different in our own way, and that's okay! It's important to find healthy ways to let out our "heavy feelings."

We also know Beamer's friends Twinkle, Jamal and Carlos, but we don't know their stories. Have you ever wondered what's happening in their lives? The Beamer series will continue to grow. Just like we learned about Twinkle's story, we will get to know more about Jamal and Carlos very soon. Beamer's friends know what he is going through, and it always helps him to remember that he is not alone. Just like you are not alone.



## Get to Know Heather from Minnesota

**How do you have fun?** Spending time with friends and family, putting on some good music and dancing!

**Favorite food:** Seafood—I love shrimp and fish tacos!

**Superhero I want to meet:** I would want to meet Spider-Man.

**What makes you happy?** Music, family, friends and sunshine!

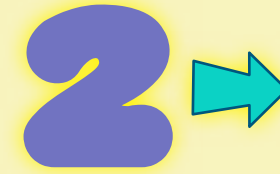


Contact me at  
[HRusso@HazeldenBettyFord.org](mailto:HRusso@HazeldenBettyFord.org)  
 or 651-213-5036

# Express Yourself



# HAPPY NEW YEAR!



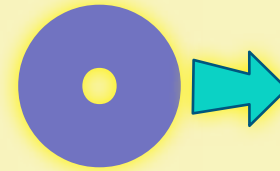
Write 2 things you are proud of from last year

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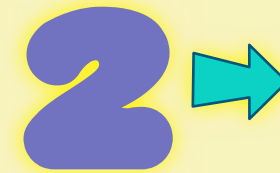
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Draw your favorite emoji



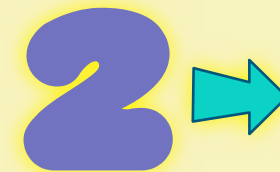
Write 2 goals for the new year

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Write 2 ways to take care of yourself

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