

Teach Your Kids How to Feel

No caregiver wants to see their child upset, and it can be especially hard when we struggle to accept our own feelings. When addiction is around, children (and everyone else) learn to hold on to their feelings. Children may think their feelings are a burden to others, and they might not have a safe person to share them with. Or they may have learned—through spoken or unspoken directions—not to share them.

T&R encourages us to accept and communicate our feelings. All feelings are okay! They're an essential part of healing, and they teach us to understand and meet our needs in healthy ways. Kids must learn this, too, and it should come from you! Here are a few ways you can help:

Model your feelings. Show your kids that all feelings are okay by believing that all feelings are okay. Take some time to notice how you experience and express your own feelings. Be proud of your feelings and open to expressing them regularly.

Ask about their feelings, and check in often to see how they're feeling. When kids are learning to accept and share their feelings, they need you to start the conversation. Each time you ask, you create more safety for their feelings to exist.

Respond purposefully to their feelings. When kids share their feelings through words or actions, they need to hear that it's okay for them to feel that way. Don't try to "solve" their feelings without first understanding and validating their feelings, or they might shut down. Listen and respond with curiosity, in the process becoming better equipped to help them.

This work takes time and is not easy. Take small steps, ask for help when you need it and do your best!

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



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

FALL 2021

New Beginnings

Summer was awesome! Beamer had a weekly play date in his backyard with Jamal, Twinkle and Carlos. He went to the movies with Mom and MooMoo. Then they ate at a restaurant—best cheeseburger and fries ever! Mom is going to T&R meetings at the treatment center again.

Back at school, Beamer attended group with Miss Light. They did artwork and talked about feelings. Beamer shared, "I feel sad that Dad is still trapped by addiction." Miss Light chimed in, "Remember that it is not your fault." Beamer nodded and replied, "Thanks. I'll keep praying for him."

At the end of group, Miss Light reminded everyone to be a kid. Giggles and laughter filled the room as the children described their fun adventures in Beamer's yard. Beamer smiled and silently hoped that Dad will get better soon.



Just for Fun



Make your own scratch board!

On a piece of white paper, make a fun and funky background with **colored pencils**. The more colors you do, the better it will turn out.

Then, with a **black crayon**, color over your design, covering the entire paper so you can't see the colors underneath.

Using an **edge of a paperclip** or a mechanical pencil without the lead, draw on the paper to scratch off the top layer of crayon.



You'll be left with a colorful, vibrant piece of art!

Ask the Counselor

Answers to Your Questions about Addiction & Other Stuff

How can I help my parents with their struggles?

This is a great question! It's hard to see your grown-ups struggle when you don't know how to help. But remember, it's your grown-ups' job to take care of you, not your job to take care of them! Your number-one job is to be a kid and have fun. Practicing self-care is a great way to be a kid and have fun. Remember to take care of all the parts of yourself: feelings, mind, body, spirit and kid! Which part do you enjoy taking care of the most?

Get to Know Kase from Colorado

How do you have fun? Playing Dungeons and Dragons with my friends

Favorite food: Mac and cheese!

Superhero I want to meet: I would love to meet Storm.

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

Contact me at
KWille@HazeldenBettyFord.org
or 720-697-7856



Express Yourself



Fall is right around the corner, and now is the time to enjoy the weather while we still can!

5-4-3-2-1 senses treasure hunt that helps us feel calm

- Take three deep inhales and exhales to feel calm and focused.
- Walk around your yard, neighborhood or house, and use your senses to find:

- 5** things you can see
- 4** things you can touch
- 3** things you can hear
- 2** things you can smell
- 1** thing you can taste (if you popped it in your mouth!)

Reflection

- Was there one sense that was easier to use than the others?
- What did you notice using your sense of smell?
- What was your favorite sensory experience today? Why?