

## Play Is Important and Not Just for Children

If you've participated in one of our caregiver programs, you've likely heard about "Special Time." Special Time is a planned daily or weekly opportunity to play with your child in whatever way they want to play. Investing 10 minutes per day or one hour per week can create profound results.

On the surface, this practice communicates love. By joining your child in play, you are saying, "I care about you, I care about what you like, and you are important to me." These messages are essential to building trust in a child-caregiver relationship. For building confidence, self-esteem and resilience in a child's psyche. And when you engage with your child, you learn more about their world and gift yourself the chance to tap into your own important and often forgotten kid side.

Looking deeper, a study by the American Academy of Pediatrics found that play is important to brain development and adaptation in both children and adults. In children, play improves language, early math skills, social development and physical health. When adults play with kids, it creates a healthy attachment and a safe place for kids to be themselves. For adults, play decreases stress, enhances relationships and increases understanding of their children.

When families play together, the mutual joy and attunement that parents and children experience lower the body's stress response. When stress is lower, we are better listeners and decision makers, and we're better able to connect. Play is an effective tool in reducing the impacts of traumatic stress.

# CAREGIVER'S CORNER

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

Pre-register at  
[HazeldenBettyFord.org/Kids](https://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 fun you had this summer, 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](mailto:ChildrensVS@HazeldenBettyFord.org)



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

#### California Team

760-773-4291

[ChildrensCA@HazeldenBettyFord.org](mailto:ChildrensCA@HazeldenBettyFord.org)

#### Colorado Team

303-745-2275

[ChildrensCO@HazeldenBettyFord.org](mailto:ChildrensCO@HazeldenBettyFord.org)

#### Minnesota Team

651-213-4720

[ChildrensMN@HazeldenBettyFord.org](mailto: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

FALL 2022

## Special Time with Mom

Beamer has wanted to spend more time with his mom, just the two of them alone.

He thinks about how busy she is around the house and doing her T&R. He is proud of her for going to meetings. He knows that the meetings and talking to safe people keep addiction far away. Nervous, Beamer asks his mom, "I know you are busy, but can we play a board game tonight?"

Mom knows that she should go to her meeting but wants to spend time with Beamer too. "Thank you for letting me know that you want to spend time together." She has been learning about "Special Time" in her meetings and knows how important it is for both of them.

"Beamer, my T&R meeting is tonight, and it is important that I keep going." She excitedly adds, "We can play now though, and we can plan a day and time every week to do something fun together, just the two of us!"

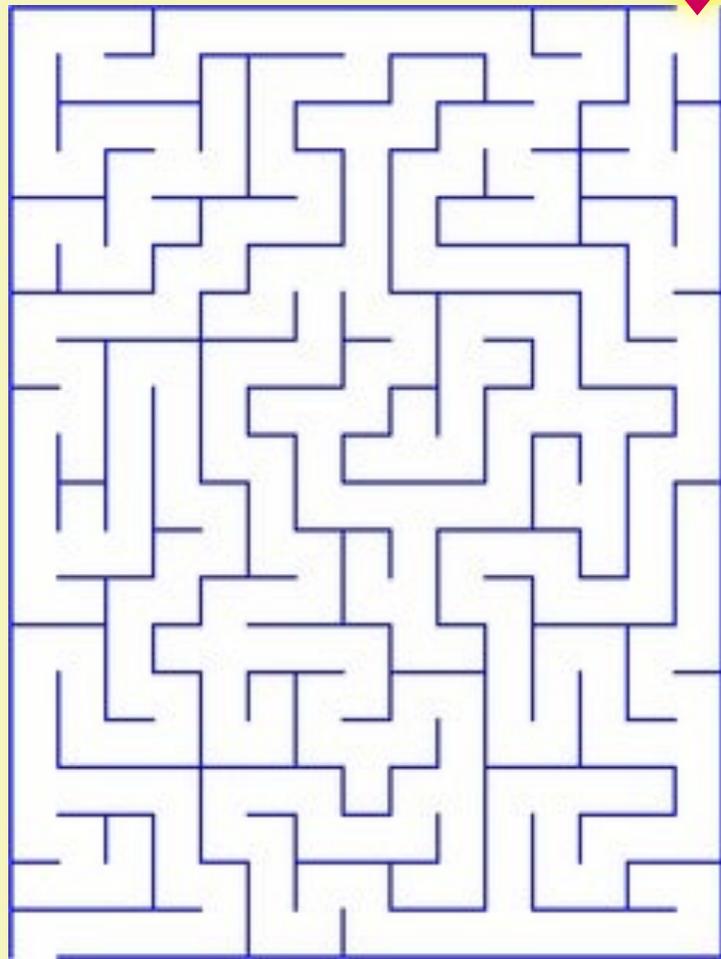
Beamer feels better knowing Mom is sticking with T&R, **and he gets to spend time with her!** He can't wait to make plans with her for more Special Time.



# Just for Fun



Help Beamer get to T&R!



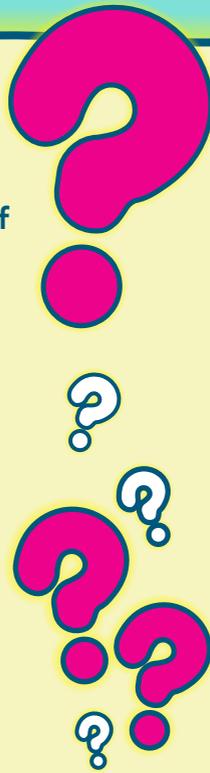
# Ask the Counselor

Answers to Your Questions about Addiction & Other Stuff

**Question:** My Mom was trapped by addiction; does that mean I will be trapped by addiction too when I am older?

**Answer:** That is a great question, and we get asked that a lot! You can do lots to stay away from addiction. Attending the Children's Program helps. (You already did that! Yay!) You can read your Beamer books or talk to safe people, like Beamer talks to Ms. Light and Grandma Moo Moo. You can focus on the five areas of self-care: **mind, body, spirit, feelings and being a kid.** You can practice self-care by laughing, drawing, reading and spending time outside.

Find safe ways to let out your "heavy feelings." And remember that your number one job is to **be a kid** and **have fun!** But the most important thing you can do to stay away from addiction is to **always say NO!**



# Express Yourself

Here are some amazing drawings that kids like you sent in!



## Get to Know Kathleen Rhodes from Colorado

**How do you have fun?** Hiking, gardening and playing with my family

**Favorite food:** Popcorn and watermelon

**Superhero I want to meet:** Moana

**What makes you happy?** Being a children's counselor, nature and travel



Contact me at  
KRhodes@HazeldenBettyFord.org  
or 720-697-7858

We hope you send us your drawings too!