

## Rebuilding Your Children's Trust

Addiction can damage your family's feelings of security, control and separation, and the pain makes it difficult for children to trust. With school ending for the summer, there comes an opportunity to heal together, and there are things you can do to rebuild trust between you and your children.

Rebuilding trust takes time. It's important to move slowly and carefully through the process. Working on your own recovery, practicing self-care, reaching out for help and celebrating your growth will help your child see your trustworthiness. To help ease their worries, show them your dedication to recovery and follow through on your word.

Routines and structure will help kids understand what to expect. When expectations are consistently met, trust is formed. Providing clear communication of expectations and consequences, sticking to plans and practicing routines prove to your kid that they can rely on you. Remember: pushback is normal. Children need time to trust that you can provide a safe environment for them.

You may feel guilty for addiction's effect on your family, and that might lead to parenting styles that are either overbearing or permissive. Holding on to those feelings of guilt and pain will not help their healing or yours. As counselors for the Children's Program, we most often hear about your children's love for you, and how much they'd like to share in moments of joy. When everything else seems overwhelming, stick with the simplest strategy for building trust—play!

# CAREGIVER'S CORNER

## Check Out These Resources for Children and Families

- **Two-day Virtual Children's Program**
- **Stage II**
- **Caregiver Workshop**

**HazeldenBettyFord.org/Kids**

To learn more, call one of our Children's Program locations in  
California **760-773-4291**,  
Colorado **303-745-2275**  
or Minnesota **651-213-4720**.



### 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

SUMMER 2021

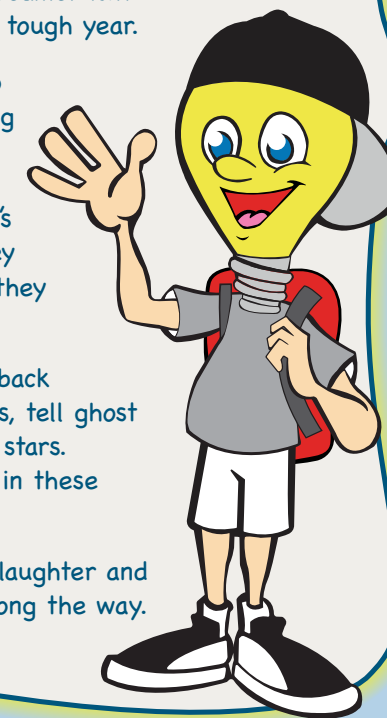
## A Summer Plan

Summer is finally here, but Beamer really enjoyed going back to school two days a week and seeing his friends. It was wonderful to see Mrs. Bulb and Miss Light in person. Both MooMoo and Mom got their COVID-19 vaccinations. Beamer isn't sure about his dad. It has been a long, tough year.

Twinkle, Carlos and Jamal came over to Beamer's house last Saturday. They hung out in the yard. They played on the swings, did an art project and told jokes. And they *really* enjoyed MooMoo's chocolate chip cookies. Even though they wore masks and distanced themselves, they had so much fun.

Mom and Beamer will camp out in the back yard soon. They will roast marshmallows, tell ghost stories and sleep under bright summer stars. Beamer is really glad to be a kid, even in these tough times.

Have a great summer with lots of fun, laughter and play. And most importantly, stay safe along the way.



# Just for Fun



It's summer time, and the best way to celebrate is by making ice cream with people who care about you. Grab a grown-up to help you, and then get to shaking and enjoying some homemade ice cream.

## Ice Cream in a Bag

1 serving, 5 min. prep, total time 15 mins.

### INGREDIENTS

- 1 cup half-and-half
- 2 Tbsp. granulated sugar
- 1/2 tsp. pure vanilla extract
- 3 cup ice
- 1/3 cup kosher salt
- Toppings of your choice



### DIRECTIONS

In a small resealable plastic bag (like Ziploc), combine half-and-half, sugar and vanilla. Push out excess air and seal.

Combine ice and salt in a large resealable plastic bag. Place the small bag inside the bigger bag and shake vigorously for 7 to 10 minutes, until ice cream has hardened.

Remove from bag and enjoy with your favorite ice cream toppings.



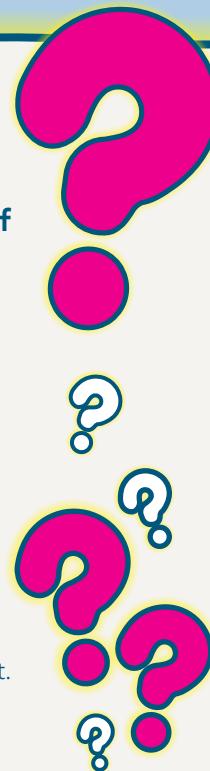
# Ask the Counselor

Answers to Your Questions about Addiction & Other Stuff

**I know my number-one job is to have fun, but sometimes I feel guilty when I play because I see my parents are having a hard time. How can I help them have fun too?**

The pandemic has been tough for a lot of people, especially for family members or friends who feel trapped by addiction or are busy hanging out with T & R. That can make it hard for grown-ups to remember to have fun. It's not your job to remind them how to have fun, but you can try a couple of things to help them: 1) invite your grown-up to play a video game with you, 2) take out your favorite board game, or 3) ask your grown-up to have a movie night.

But it's important to remember that it's not your job to take care of your grown-ups. You can only control yourself and what you do. And it's important to take care of yourself and your kid side, which is how you have fun. Maybe your grown-ups will see you having fun and will want to play too.



# Express Yourself

## The Season of Happy and Hopeful

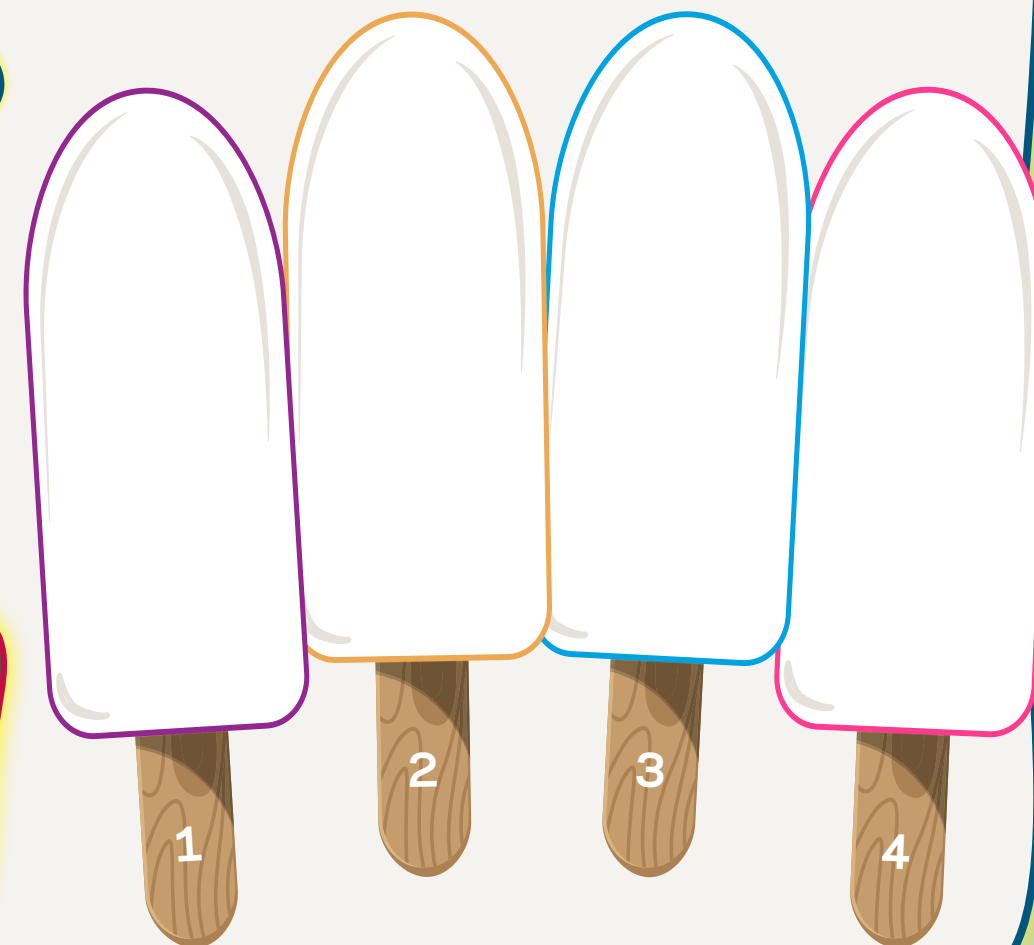
Summer is here, and it is always nice to think of things that help us feel our happiest.

**Popsicle 1: Draw one thing you are really good at**

**Popsicle 2: Draw something you are proud of**

**Popsicle 3: Draw someone you look up to**

**Popsicle 4: Draw something you hope for in your future**



# Get to Know Makayla

How she has fun: Four-wheeling, hunting, and being with family and friends

Favorite food: Chicken Alfredo and Goldfish crackers

Super hero she would like to meet: Thor!

What makes her happy: Being outdoors, and being with family and friends



Contact me at  
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or 651-213-4297