

Practice Self-Compassion

Parenting is hard ... like, really hard! The work and care you put into helping your children grow and develop day in and out is absolutely incredible. Through the years, we at the Children's Program have seen so many of you working to give your kids the best chance to overcome their struggles, thrive in difficult environments, and build resilience. Yet, we are constantly hearing caregivers say things like "I don't do enough" or "I've got too many mistakes to make up for."

We hear from your children how much they love and care for you, how much they look up to and need you in their lives. **And we wonder, what if you turned some of that compassionate love and energy toward yourself?** Self-compassion is an essential piece of caregiving. It is the practice of detaching from the burden of perfection while approaching growth areas with fearlessness and positivity. When we do these things, we are able to see ourselves right-sized, work through difficult moments, and praise ourselves for a job well done.

Think of something in your life you often criticize yourself for. Write it down if it helps. Now consider, if a friend you love unconditionally brought this concern about themselves to you, how would you respond? What advice would you give a child who thought about themselves this way? Which parts of this do you and don't you have control of? What is one small way you can move yourself toward resolution? Read what you've written and see how you can move forward with positivity and grace, just as your kids need you to do.

CAREGIVER'S CORNER

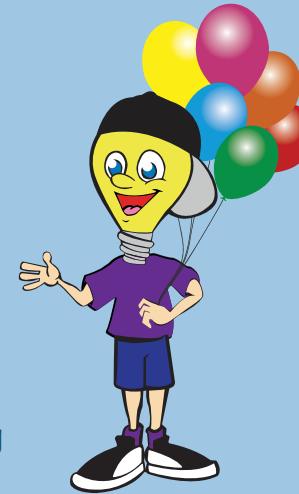
Let's Get Together

Colorado Celebration

Friday, June 5, 2020
Island Events Center
5-8 p.m.

RSVP by calling **303-745-2275**
or emailing

LChadwick@HazeldenBettyFord.org



You're Not Alone

We Want to Hear From You

Remember if you ever need us, please reach out.
We're here for you.

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.

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

Beamer's Buddies

SPRING 2020

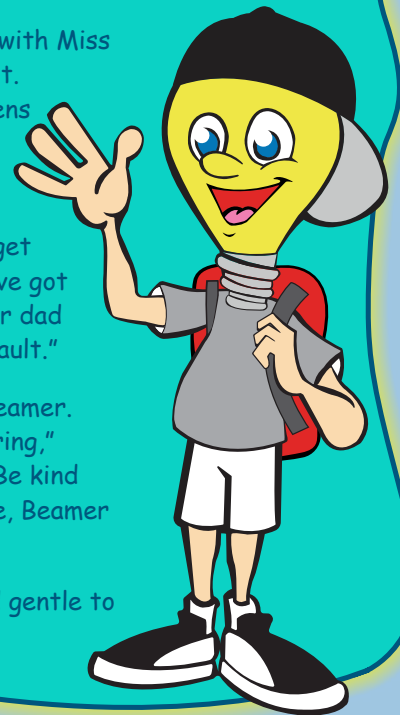
Kind and Gentle

Beamer has had a tough time. His dad didn't show up for their holiday visit. He has been struggling in math. Twinkle cancelled their play date. Beamer wondered if she didn't like him anymore. He has been hard on himself.

Sad, hurt and confused, Beamer meets with Miss Light. He shares, "Maybe it's all my fault. I'm just not a good kid." Miss Light listens carefully and responds. "Everyone has tough times; you are not alone," she says. "Talk with Twinkle. She cares about you," Miss Light adds. "And let's get you help with math. You are smart. You've got this." As Beamer nods, she shares, "Your dad is still trapped by addiction. Not your fault."

Miss Light has one more message for Beamer. "You are very special—smart, brave, caring," she reminds him. "Be good to yourself. Be kind and gentle." With a big smile on his face, Beamer responds, "I can do that."

Beamer hopes you will be good, kind and gentle to yourself, too.



Express Yourself

Creative Works by Children's Program Kids

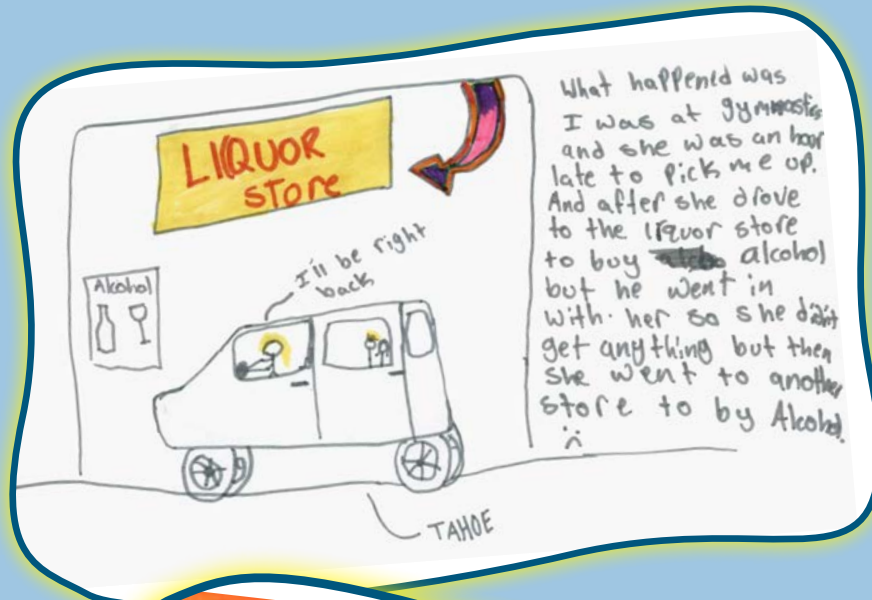
Just for Fun

My Self-Care Plan

Fill in the boxes with your very own self-care plan.



<p>I can exercise my body by ...</p>	<p>I can be a good friend by ...</p>	<p>Important people who I trust ...</p>
<p>I can relax my body and mind by ...</p>	<p>I can keep myself clean and tidy by ...</p>	
<p>I can make myself happy by ...</p>	<p>My hopes and dreams ...</p>	<p>I can eat healthy foods ...</p>



Ask the Counselor

Answers to Your Questions about Addiction & Other Stuff

How can I talk to my parents about how I feel?

Sharing feelings is very important, but it can also be hard! Remember that sharing feelings is a skill just like riding a bike or doing math, so it gets easier the more you practice. Here are some tips to help you share your feelings:

Start small. It can be scary to share all of the BIG feelings we are holding onto. How about starting by sharing one or two feelings with your parents? Then, you can share more when you feel ready.

Find a way that works for you. Some people like to talk about their feelings. Others might share by writing or drawing. If you don't feel ready to talk, you could write some of your feelings down or draw a picture to share with your grown-ups.

Find more safe grown-ups. It is wonderful when we can share our feelings with our parents, but not all kids feel safe or ready to do this. If you are not able to share with your parents, look for a safe adult at school or in your community or ask your parent if you could talk with a counselor.

Get to Know Lindsey

How she has fun: Playing with her dog

Favorite food: Tacos

Super hero she would like to meet: Splinter from Teenage Mutant Ninja Turtles

What makes her happy: Spending time in nature

Contact me at
LChadwick@HazeldenBettyFord.org
 or 303-745-2275

