

# Little House



Expressive Arts Therapy & Studio

## **Explaining Addiction to Children:**

**Explaining addiction to a child requires simplicity and clarity. Here are phrases that may help convey the concept:**

1. "Addiction is when someone really, really likes something and finds it hard to stop, even if it's not good for them."
2. "Sometimes, people do something so much that their body starts to need it all the time, like when you really, really want something because your body got used to having it."
3. "Addiction is when someone feels like they can't stop doing something, even if it causes problems or makes them unhappy."
4. "It's like when you want something so badly that you might do things you shouldn't just to get it."
5. "Addiction can make someone feel like they need something as much as they need food or water, even if it's something that can hurt them."
6. "Sometimes, when someone keeps doing something over and over again, it becomes really hard for them to stop."
7. "Addiction is when someone's brain really wants something, even when they know it's not good for them. It's like their brain forgets to tell them to stop."

*Remember to adjust these explanations based on the child's age and level of understanding, using simpler terms for younger children and more complex explanations for older kids.*

**Explaining why a family member is being cut off due to addiction can be a sensitive topic for a child. Here are five phrases to help communicate this situation:**

1. "We love [family member], but their addiction makes it hard for them to be safe and healthy. So, we need to keep a distance to protect ourselves and them."
2. "Sometimes, when someone is not feeling well because of something they do a lot, like using drugs or alcohol, it can make it hard for them to be around others. We're taking a break to help them and us stay safe."
3. "Addiction can make people do things that are not safe. We need to keep some space until [family member] gets better and can be around us without causing harm."
4. "We want to help [family member] get better, but sometimes people need time on their own to make healthier choices. That's why we're not spending time together for now."
5. "When someone has a problem that makes them act in ways that might not be safe or healthy for us, it's important to take a break and let them focus on getting better. That's why we're not seeing [family member] right now."

*Always provide reassurance to the child that it's not their fault and emphasize that the decision to keep distance is made out of concern and care for everyone involved. Encourage open conversations and offer support to help them understand and cope with this challenging situation.*