



The weekly newsletter article of Parkside Chapel

# LIFENEWS

## It's Buddy Break Day!

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There's anticipation in the air because it's our monthly Buddy Break day, and set-up has begun!

**8:39 AM** - The toys are ready! Hot Wheels...Bubbles... Legos... Inflatable rocker... Balls.

**9:41 AM** - The team of "Buddies" gathers to pray for all the families attending Buddy Break.

**9:52 AM** - Our first VIP girl arrives . . . bouncing and looking for the toy containers to grab anything I may have forgotten to get out. Her buddy comes right alongside her, engaging her in play.

**10:24 AM** - All six of our VIP kids are now here. Two are playing with Hot Wheels, one is writing our schedule on the whiteboard, and another is building something. Two others are in the breezeway, flying gliders and blowing bubbles.

**10:37 AM** - Kids are drumming along or waving streamers as we sing songs about trusting God.

**10:52 AM** - Three VIP boys are enjoying some outdoor time with the scooters.

**11:11 AM** - Scratch-art is a big hit today!

**11:32 AM** - It's snack time! This break allows some refueling for everyone.

**11:53 AM** - We have moved into our quiet space. Today, the VIP kids (and their Buddies) are having a blast playing with putty.

**12:09 PM** - The VIPs are especially engaged today as they hear the story of the Last Supper and the garden.

**12:30 PM** - Four of the boy VIPs are running off the last of their Buddy Break day by jumping on our large inflatable.

**12:53 PM** - Parents are starting to arrive to pick up their VIPs. The few who are left enjoy last-minute Hot Wheels races.

**1:12 PM** - We all leave tired, but it's a "good tired" feeling as we've played alongside, redirected, and loved on these great kids for three hours.

Buddy Breaks is a respite program for parents who have children with special needs (we refer to these kids as VIPs). This three-hour program allows parents to get a break while their child has some fun. We have all sorts of activities for these kids to engage in, including crafts, games, stories, songs, and other activities that rotate monthly. Each child receives one-to-one care with a loving adult. Buddy Breaks is open to any special needs child, whether that special need is seen or unseen.

If you have a special needs child in your family and need respite or if you know of a friend who needs respite care, we currently have spots open. If you want more information, please contact me at [buddybreaks@parksidvisalia.org](mailto:buddybreaks@parksidvisalia.org) or give me a call at 559-734-3775.

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