



Support. Education. Local Events.
for Adoptive Families



In this Issue:

Introduction

Services Available

EDUCATION RESOURCE

Michigan Alliance for Families

NEW!

How was your day?

NEW!

**Helping Our Children
Succeed in School**

Regional Events

Book Resources

Websites

**Bethany Locations
& Counties Served**

The PARC newsletter is published quarterly. Please direct questions and comments to parcnewsletter@bethany.org

Bethany Christian Services is a nonprofit, private social services agency with more than 115 offices located in 36 states. In addition, Bethany offers social services to children and families in 15 countries.



BETHANY.
CHRISTIAN SERVICES

www.bethany.org

This program is funded in part by the State of Michigan.

© 2015 Bethany Christian Services MI.900.NWL.12486

Fall Brings Change

With each new season, we look forward to new experiences. The cooler autumn evenings allow us the opportunity to curl up in front of the fireplace with a warm cup of cocoa. The changing leaves give us the opportunity to marvel in the beauty around us. And we've been waiting all year for pumpkins—whether whole or in the form of pie, bread, or lattes! But perhaps the greatest change is in our routine. Fall means back-to-school.

This can be a difficult transition for many children who were adopted, which can make this a trying time for their parents as well. It often means educating a new teacher on your child's special needs, IEP meetings, and phone calls to and from the school.

But, you don't have to go it alone! Your local Post-Adoption Resource Center is here to assist you. We have trained professionals who can provide you with information and resources, and we can be your advocates, both in school and in other areas of need. Everyone needs some support sometimes, and the Post-Adoption Resource Center is here for you!

Client Testimonials

We just wanted to say how much PARC has meant to our family. Over the past several months, our PARC worker, Kimberly Inman, has become such a vital part of our "team." Trauma parenting is never easy, but she has stayed right alongside us and helped us navigate through our most trying times. Thank you, PARC services, for linking us together with Kimberly!

Tim and Missy, Adoptive Parents

PARC does a great job of supporting adoptive and foster families by sponsoring fun, free events. They help a lot of local small businesses and nonprofits in the process. I have heard business owners say how much they appreciate PARC and the families who come. We also appreciate the educational opportunities and times to meet and network with other foster and adoptive parents.

The staff is knowledgeable and caring. They always help in any way they can, and are flexible and accommodating. We tell every foster and adoptive family we can about PARC. Knowing this resource is there helps with recruitment and retention. Thanks for all you do.

Traci and Glen, Adoptive Parents



Post-Adoption Resource Center

AVAILABLE SERVICES

Working with your adoptive family:

- Support of a PARC specialist in your home
- 24-hour crisis availability
- Short-term emergency intervention
- Family-centered plan
- List of supportive regional resources

Connecting you with community services:

- Liaison for adoptive families to other service providers
- One-on-one assistance accessing services
- Comprehensive resource guide

Getting you the information you need:

- Daily phone access
- Timely responses with information
- Connection to resources

Supporting your family:

- Monthly group experiences
- Quarterly training

Sharing even more:

- PARC website with recommended books/articles on adoption
- List of community resources
- Calendar of adoptive parents' events and trainings
- Adoptive family newsletter

Did You Know...?

The fear of going to school is a real thing! It is called didaskaleinophobia, and 2.4 percent of school-aged children are considered to have it.

Source: <http://www.panic-anxiety.com/phobias/didaskaleinophobia/>

Michigan Alliance for Families is a statewide resource to connect families of children with disabilities to resources to help improve their children's education. We help facilitate parent involvement as a means of improving educational services and outcomes for students with disabilities. Michigan Alliance can assist you in knowing your rights, effectively communicating your child's needs, and advising how to help them develop and learn.

Each Michigan Alliance staff member is a parent or family member of an individual with disabilities who has firsthand experience with aspects of the special education system. Every staff member is trained in listening, communicating, and problem-solving. Families can connect directly to a regional parent mentor.

Go to www.michiganallianceforfamilies.org for more information and to find a staff and parent mentor in your area.

How was your day?

As parents who love our children, we want (and let's face it, we really need) to know how our kid's day at school was. But, asking "How was school today?" is likely to get you no more than a "fine."

Of course, no matter how hard we probe, we will never know everything that goes on in our child's world when they are at school, but there are tricks to finding out what is really important to know. Here are some open-ended questions that may just get your child talking!

What was the best thing that happened at school today? (Followed by what was the worst thing that happened at school?)

Who did you play with today? What did you play?

What was the hardest thing you had to do today?

If an alien spaceship came to your class and beamed someone up, who would you want them to take?

What word did your teacher say most today?

What was your favorite part of lunch? (You can also try recess).

What rules are different at school than the rules

we have at home? Do you think they are fair?

When were you happiest/saddest today? When were you bored?

Who in your class/at school do you think you could be nicer to? Could be nicer to you?

Can you show me something you learned (or did) today?



helpful hint

they are likely to open up. You will be more successful asking your daughter about school right away. Wait an hour or two after school to ask your son.

While girls are often excited and willing to be chatty about school right away, boys tend to need time before

Helping Our Children Succeed In School

by Carey McGinn Ed.D., CCC/SLP

The following is an excerpt from *An Open Letter to Educators Who Work With Students Who Have Been Diagnosed With Reactive Attachment Disorder Or Who Have Suffered Early Trauma*.

Attachment is a connection that is formed between a baby and the primary caregiver. This connection is the foundation for the development of trust or mistrust and shapes how the child will relate to the world as well as learn and form relationships throughout their life. When a caretaker meets the needs of his/her child, a bond is formed and a basis of trust is established. The child also learns cause and effect thinking, the basis of problem solving. Furthermore, emotional and behavioral regulation are learned through the soothing motions provided by a

caretaker. Imagine the deficit our children start with when they have missed out on that initial attachment.

In schools today, many of the strategies that work with our children (and any child that has experienced trauma) are counterintuitive or contradictory to behavioral interventions practiced by many educators. However, when parents and teachers work together, using specific strategies that are always applied with empathy and never with anger, our children can succeed. Below are a few specific strategies that may help.

AVOID THE USE OF PUNISHMENT.

This does not mean our children don't receive consequences, but stating these in a positive way makes all the difference. For instance, instead of saying, "You did not complete your work again! You have to miss computers to complete it!" try, "How sad for you that you did not complete your work. You are so lucky you have such an awesome teacher who will give you the chance to get it done during computer time."

PROVIDE CONSEQUENCES THE

FIRST TIME. Second chances are often misinterpreted as threats by our children and often result in fight or flight responses and/or an escalation of negative behavior.

AVOID ARGUING WITH THE CHILD.

Use statements that do not allow the child to argue. "I respect you too much to argue with you." "I have answered your question. I am not changing my mind."

ALLOW THE CHILD TO EXPERIENCE THE NATURAL CONSEQUENCES OF THEIR ACTIONS.

If the child does not complete an assignment, they get an F. However, it is vital that these consequences NEVER be given in anger and provide the child with genuine empathy. "How sad. You got an F on your test. But, don't worry we have another test tomorrow that I'm sure you can do well on. Good luck!"

USE CONDITIONAL "YES"

RESPONSES in place of "no" responses if possible. "Of course you can go use the computer—just as soon as you finish your math paper."

USE ACTIONS, NOT WORDS. If a child continuously tips their chair, don't lecture. Simply remove the chair. (This also allows for the natural consequence that the child now must stand at their desk.)

PRESCRIBE THE CHILD'S

SYMPTOMS. Avoid power struggles by commanding the student to do what he/she normally does. This will take all the fun out of it for the child. "You always have a temper tantrum when I ask you to write a story. Get ready to have a BIG one, because I am going to have you write in five minutes."

FINALLY, ALLOW THE CHILD TO FEEL IN CONTROL

as much as possible. This does not mean the child is actually in control, but the feeling of being out of control is difficult for most of our children to handle. Allow for appropriate choices and the ability for the child to make a few decisions for him/herself.

Read the full letter online :

<http://attachmentnewengland.com/documents/educators.pdf>



upcoming events & training



All three PARC regions have many family fun events planned for the fall, as well as support groups and trainings. Please check your local PARC's Facebook page, watch for our monthly calendars, or give us a call to find out what is available in your area.

PARC Region 2 Northern Michigan

Join us for fall fun at Friske Farm, a hike and craft event at Michigan Legacy Art Park, Open gym at Water's Edge Gymnastics, a Family Picture Day, and much more. We are also planning a training on psychotropic medications this quarter.

231.995.0871 • jgullekson@bethany.org

[facebook.com/PostAdoptionResourceCenterOfNorthernMI](https://www.facebook.com/PostAdoptionResourceCenterOfNorthernMI)

PARC Region 3 Central Michigan

Join us for a family game night, a recipe exchange, a fall crafts event, and an outing at Uncle John's Cider Mill.

231.924.3390

[facebook.com/PostAdoptionResourceCenterCentralMichigan](https://www.facebook.com/PostAdoptionResourceCenterCentralMichigan)

PARC Region 4 Western Michigan

Join us at Sky Zone, Catch Air, Kangaroo Palace, Holland Aquatic Center, Frederik Meijer Gardens, and more.

616.710.5120 • sirwin@bethany.org

www.facebook.com/PARCRegion4

TRAINING IN REGION 4: TRAUMA INFORMED PARENTING

October 12, 19, 26 • 6:00–9:00 p.m.

Bethany Christian Services
901 Eastern Ave NE, Grand Rapids, MI

Speaker: Kim Poplaski, BSW • Dinner provided

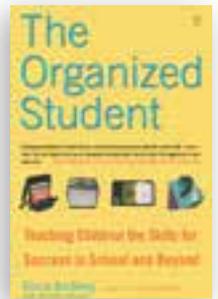


recommended reading

The Organized Student

by Donna Goldberg with Jennifer Zweibel

Finally, a hands on, practical book with real-world strategies that work! Do these things sound familiar: an overstuffed backpack, the missing homework, the unused planner, the test he didn't even know about? Then this book is for you! A must have for any parent who has ever heard their child say, "My homework is missing."



The Organized Student Provides:

ASSESSMENTS
to gather information about your child's learning style, study habits, and school requirements

GUIDELINES
for taming that overstuffed binder and keeping it under control
PACK—a four-step plan for purging and reassembling a backpack or locker

INSTRUCTIONS
for organizing an at-home work space for the child who studies at a desk or the child who studies all over the house

WAYS TO HELP
your child graduate from telling time to managing time, and special tips for kids with learning disabilities and kids who have two homes
AND MORE.

www.amazon.com/The-Organized-Student-Teaching-Children/dp/0743270207



Fun Times at PARC Events



Bethany Christian Services is committed to supporting adoptive families through the lifelong, rewarding journey of adoption.

REGION 2

Bethany Christian Services
1055 Carriage Hill Dr, Ste 2
Traverse City, MI 49686
231.995.0870
www.bethany.org/traversesecurity

Charlevoix, Emmett, Cheboygan, Presque Isle, Antrim, Otsego, Montmorency, Alpena, Leelanau, Benzie, Grand Traverse, Kalkaska, Crawford, Oscoda, Alcona, Manistee, Wexford, Missaukee, Roscommon, Ogemaw, and Iosco counties

REGION 3

Bethany Christian Services
6995 West 48th St
Fremont, MI 49412
231.924.3390
www.bethany.org/fremont

Mason, Lake, Osceola, Clare, Gladwin, Arenac, Oceana, Newaygo, Mecosta, Isabella, Midland, Bay, Montcalm, Gratiot, Saginaw, Ionia, Clinton, and Shiawassee counties

REGION 4

Bethany Christian Services
901 Eastern Ave NE
Grand Rapids, MI 49503
616.224.7565
www.bethany.org/grandrapids

Allegan, Berrien, Cass, Kent, Muskegon, Ottawa, and Van Buren counties



postadoptionrc.org

other suggested websites: www.adoptivefamilies.com www.adoptioninstitute.org