

Post Adoption Resource Center Newsletter Oakland County

November 2012

Fun Family Activity...A Tree of Thankfulness

In the spirit of giving and being thankful Orchards Children's Services Post Adoption Program would like to take this opportunity to thank each and every family that has participated in the PARC Program and helped to make it a success. Our goal is to create a program where families feel welcome and are confident that by reaching out they can find the support they need. Continuing in the spirit of being thankful, we have designed this quarter's Fun Family Activity around the idea of the greatness that comes with recognizing the good things in our life, successes we have had, and the good things we can look forward to in the future. Thus, our activity for November's PARC Newsletter is a Tree of Thankfulness.

What you will need:

1. A Green Foam Sheet—12" X 18"
2. White Poster Board—22"X 28"
3. Foam Sheets any size in bright/fun colors.

4. Black permanent marker
5. Glue
6. Scissors
7. Other decorating items as you see fit.

*Note all needed items can be found at your local craft store.

How to make your tree of thanks:

1. Use the green foam paper to make your bare tree. You can cut it out like a Christmas tree... or whatever shape tree you find most appropriate.
2. Carefully cut the tree form out of the green foam sheet, center the tree on the poster board, and glue it.
3. Draw a simple ornament pattern on one of the colored foam sheets and cut it out. Hold the ornament against the bare tree to make sure the size is appropriate and adjust as necessary. Use this

as your guide for creating more ornaments.

4. Once all of the ornaments are cut, you and your children write what you are thankful for on each ornament.
5. Carefully glue all ornaments on the tree.

Creative Suggestions:

-Every family member could get their own tree and add a new ornament each day until your holiday of choice occurs.

-A new tree could be created each year to see the achievements an individual or family has earned.

- The tree or other "thankfulness object" could be kept up all year long to remind us of all of the wonderful life moments that we should be thankful to be a part of!

November 30, 2012

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What's Been Happening and What Do We Have To Look Forward To....

The PARC program is excited about our past events and the rate at which families are taking advantage of our community and program activities. The last two months have been the PARC Programs most successful in terms of our Adoptive Parent Led Support Group. We have been so excited to see the families, their excitement, and the momentum they are gaining as a result of this fantastic resource. The camaraderie that is being achieved via the support group, not only between the parents, but also the children who participate in the support group activity, has been so exciting to watch unfold. During the last two months we have had seven families participate in each support group meeting and have had upwards of twenty children partake in the youth activity aspect of the support group which has been a great opportunity for both children and parents alike to see they are not alone!

In addition to the support group, the PARC program was able to link all of its participants to a Halloween event, that included Trick or Treating and crafting. Families that took advantage of the event reported enjoying it very much.

The PARC program is excited for this upcoming holiday season and witnessing a number of our families being able to take advantage of both community and agency sponsored events. Below is a list of our upcoming events for the remainder of the year and looking ahead into the year 2013.

- On 11-19-12 upwards of 30 PARC families will be provided with “turkey baskets” designed to provide each family with a complete holiday meal.

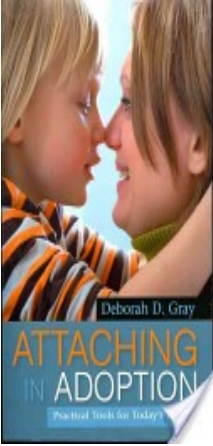
- On 11-27-12 the PARC program will be hosting a training on “Parenting the Defiant Child” from 5:30—7:30 PM.
- On 12-6-12 four of our PARC children will be receiving brand new bikes and helmets via donations from Automotive Credit Corporations.
- On 12-11-12 four of our PARC chil-



- dren will get to go shopping with the Detroit Lions to purchase gift items for their family members.
- On 12-11-12 PARC has our Oakland County Task Force Meeting at the Department of Human Services.
- On 12-16-12 all PARC families will be invited to attend our holiday party filled with food, music, crafts, and giveaways.
- On 12-18-12 seven of our PARC children will get to take part in a Christian Fellowship event getting sent home with a number of gifts for the holiday season.
- On 12-20-12 selected PARC families will be provided with gifts via Orchards Children's Services Toy Distribution day to ensure that each and every child has something to open during the holidays.
- On 1-29-12 the PARC Program will be hosting its monthly support group from 5:30—7:30.
- On 2-26-12 the PARC Program will be hosting its monthly support group from 5:30—7:30.

If you would like further information on any of the upcoming programs or activities we would love for you to **contact us at 248-410-0727 or visit our website at www.parcokland-orchards.org**. Also, on our website you can get a complete list of free and/or low cost activities happening in and/or around you neighborhood. In addition to the noted events coming up the PARC program is anticipating the beginning of a training series on Trauma occurring during the months of February and March 2013 so ...stay tuned!

Featured Reading...



Deborah D. Gray

Jessica Kingsley Publishers, Jan 15, 2012 - 400 pages

Attaching in Adoption is a comprehensive guide for prospective and actual adoptive parents on how to understand

and care for their adopted child and promote healthy attachment. This classic text provides practical parenting strategies designed to enhance children's happiness and emotional health. It explains what attachment is, how grief and trauma can affect children's emotional development, and how to improve attachment, respect, cooperation and trust. Parenting techniques are matched to children's emotional needs and stages, and checklists are included their child is doing at each developmental stage. The book covers a wide

range of issues including international adoption, Fetal Alcohol Spectrum Disorder, and learning disabilities, and combines sound theory and direct advice with case examples throughout. This book is a must read for anyone interested in adoption and for all adoptive families. It will also be a valuable resource for adoption professionals.

Please contact Jennifer Harmon at 248-410-0727 or visit our website at www.parcoakland-orchards.org for a complete list of available resources.

Parenting Tip

THE DAILY GROOVE

by Scott Noelle

www.enjoyparenting.com/dailygroove

::Children ALWAYS Cooperate::

Parents often feel frustrated when their children don't cooperate—when they don't go along with the parents' stated intentions.

Today, no matter how your child behaves, take the perspective that your child is always cooperating with you,

if not behaviorally, they vibrationally. Children sense their parent's "vibes" and reflect back a similar vibration, often exaggerated in their behavior.

For example, if your child is impatient, ask yourself how s/he might be "cooperating" with you vibrationally. "In what ways have I been emanating an impatient vibe?" If your child is resistant, ask yourself, "Am I being resistant in some way?" Look beyond the obvious and "feel" for an answer.

Fortunately, it works both ways, so that when you're feeling joyful, your child will "cooperate" with that too. But, as a head's up, depending on you established



patters of interaction, it may take some time for your child's behavior to reflect your positive vibration.

Featured PARC Family

Mr. and Mrs. Harvey adopted their son via a private social service agency nearly two years ago. By the time he had come to their home, James, had been in 17 foster care placements, inclusive of a failed residential stay. Nevertheless, the family fell in love with the child they saw in a MARE video. This is the first child for the couple and they were committed to making the placement work. Following adoptive placement Mr. and Mrs. Harvey immediately set James up with an attachment therapist, put themselves in therapy, and began family therapy with James. However, after nearly 1 1/2 years, these services were looking like they weren't enough. James started acting out, becoming

verbally threatening, and seeming to care little about his placement inside the family. The family came to a point where they felt that having the child placed in residential setting would be the best way for the child to get the help he needed and reached out to the PARC Program. Nevertheless, after the PARC worker had the opportunity to assess the family's strengths, specifically the parent's commitment to the child, alternative options were explored. The PARC worker spoke with the family about utilizing Wrap-around, Behavioral Aid Care, and Temporary Out of Home Placement to assist them in managing and understanding the child's behavior, while still affording them the opportunity to nurture their own relationship. After some careful consid-

eration, two months of talking and building a relationship with the PARC worker, and attending the PARC support group, the family withdrew their request for residential and are committed to keeping the child in the home where they feel he will most adequately have his needs met! This is the story of just one family that PARC has been involved with. **The names have been changed to protect the family's identify.**



Orchards

CHILDREN'S SERVICES



Celebrating fifty years of helping children and families

To inquire further about any topics in our newsletter or if you would like further information about PARC please contact us at 248-410-0727 or visit online at www.parcokland-orchards.org.



Use this ornament as a guide or suggestion to get you and your family on your way to creating your own tree of thankfulness!

We wanted to again thank all of our PARC participants and leave you with this, "What you truly acknowledge truly is yours. Invite your heart to be grateful and your thank yous will be heard even when you don't use words." by author Pavithra Meha

