



Post Adoption Resource Center Newsletter Oakland & Macomb County

Choosing a “Good” Diverse Book

If you're an adult who understands the importance of seeking out picture books that feature Black and Indigenous people and People of Color (BIPOC), it can still be challenging to know how to choose a good book from among what's available on the “diverse books” market.

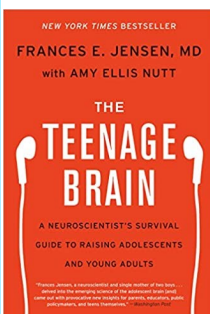
The most common advice is to avoid books with stereotypical or negative portrayals, and to seek out books by authors/illustrators who share an identity with the characters in the book. Below are some additional tips and resources for how you can evaluate the quality of picture books featuring BIPOC.

1. Choose a compelling book & consider your audience.
2. Include books in which BIPOC characters are the stars.
3. Scaffold your approach when introducing new material.
4. Consider the experience and/or expertise of the creators.
5. Look for books that depict positive interactions across differences.
6. Aim for a balanced set of portrayals.
7. Feel free to wear a critical lens while reading any book.
8. Do ongoing research.

Diverse Book Finder: <https://diversebookfinder.org/books/>

EmbraceRace is a multiracial community of parents, teachers, experts, and other caring adults who support each other to meet the challenges that race poses to our children, families, and communities. We welcome your participation.
embracerace.org

Suggested Read



The Teenage Brain: A Neuroscientist's Survival Guide to Raising Adolescents and Young Adults

Authors: Frances E Jensen & Amy Ellis Nutt

Dr. Jensen gathers what we've discovered about adolescent brain function, wiring, and capacity and explains the science in the contexts of everyday learning and multitasking, stress and memory, sleep, addiction, and decision-making. In this groundbreaking yet accessible book, these findings also yield practical suggestions that will help adults and teenagers negotiate the mysterious world of adolescent development.

**Orchards
Children's
Services**

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*For more information on the Post Adoption Resource Center please contact us at
313-530-9746*

*Or visit our website at
PARC-orchards.org*

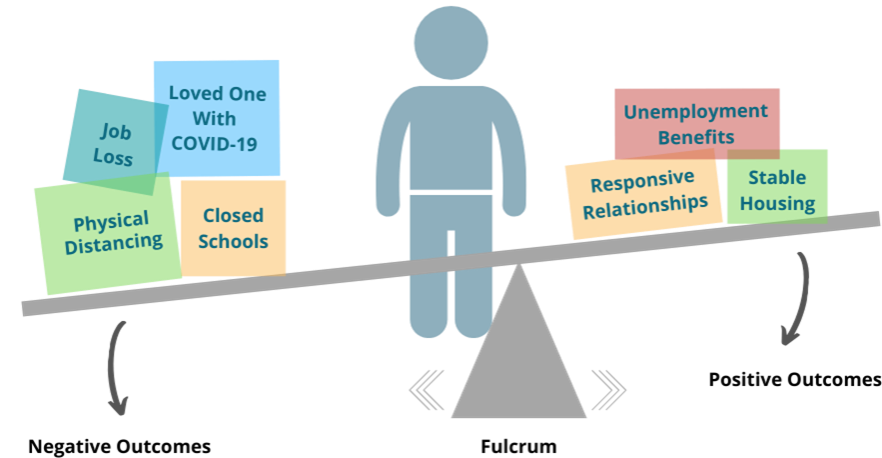


Building Resilience During the COVID-19 Outbreak

The worldwide outbreak of the coronavirus disease (COVID-19) is a source of unexpected stress and adversity for many people.

Resilience can help us get through and overcome hardship, though it is not something we're born with. Resilience is built over time as the experiences we have interact with our unique, individual genetic makeup, which is why we all respond to stress and adversity (like that from the COVID-19 pandemic) differently.

Think of resilience as a seesaw or balance scale, where negative experiences tip the scale toward bad outcomes, and positive experiences tip it toward good outcomes. For some people during the COVID-19 outbreak, the resilience scale may look like this:



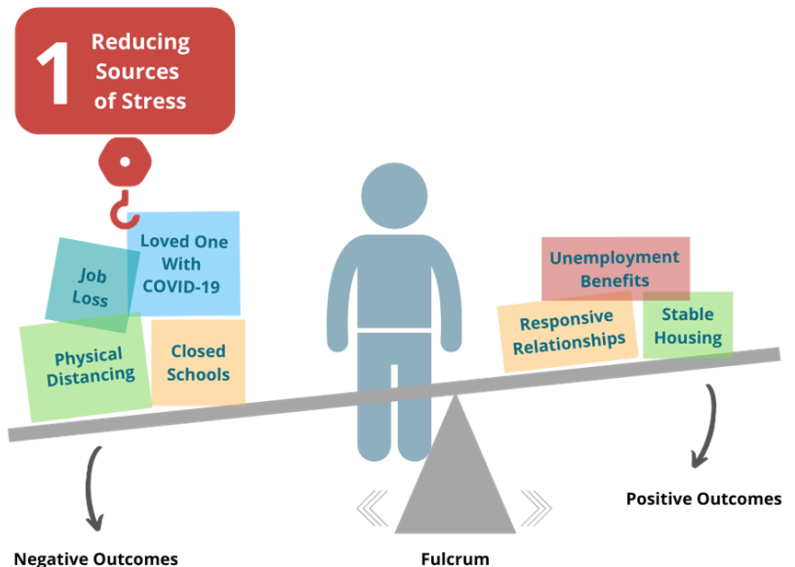
The point where the scale balances is called the “fulcrum,” and if it is more to one side or the other, it can make it harder or easier to tip the resilience scale to the positive. Everyone’s fulcrum is in a different spot, which explains why each person is different in how easily we can counterbalance hardships in life. The good news is that the fulcrum can be moved by developing a toolkit of skills you can use to adapt and find solutions.

So, what can we do to build up and strengthen resilience right now during the COVID-19 outbreak? And how can we build resilience to plan ahead for future times of crisis? The science behind a child's development points to **three ways** that we can affect experiences and the balance of the resilience scale:

1. Unload the Negative Side

We can lighten the load on the negative side of the resilience scale by reducing sources of stress. Reducing sources of stress may include:

- Connecting with programs that can help meet basic needs like food, shelter, diapers, health care, child care, and internet access
- Applying for financial assistance
- Being creative with children’s activities that include things like coloring books, crayons and markers, word searches, puzzles, books, craft supplies, etc. to give parents and caregivers a break, even for a few minutes at a time
- Practicing self-care, even if it’s just taking a few minutes, going for a walk, and getting plenty of rest. Utilize assistance programs including, mental health counseling, and paid time off.

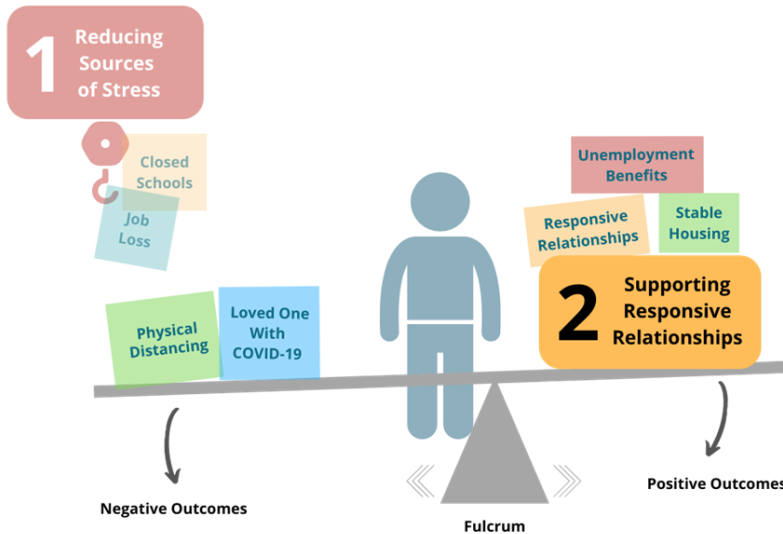


Building Resilience During the COVID-19 Outbreak (Cont.)

2. Load Up the Positive Side

We can add to the positive side of the resilience scale by:

- piling on positive experiences, especially through responsive relationships. The one thing that most children who develop resilience have in common is a stable, committed relationship with a supportive parent, caregiver, or other adult. Adults need those supportive relationships, too!
- Maintain and encourage connections with family and friends. Even though we're all required to maintain physical distance, it's important to call, video chat, email, or write letters to the people we care about to engage in responsive interactions, protect our emotional well-being, and manage the stress of living through this challenging time. (And, please access outside help and resources if you or someone else needs it.)



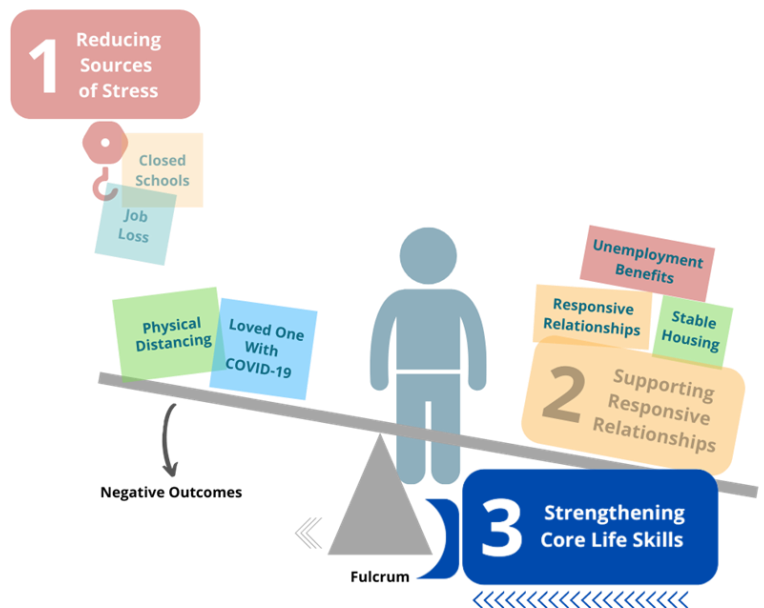
Children's development doesn't pause during a crisis and supporting that development and building resilience doesn't have to take a lot of extra time or effort. Back-and-forth "serve and return" interactions are simple and free, and you can do them during ordinary moments throughout the day. If your baby makes a coo or gurgle during a diaper change, make a sound back. If your toddler points to something, point at it too and say what the object is. Playing with a child is a great way to engage in serve and return and relieve some stress for all!

3. Move the Fulcrum

We can make it easier for a scale to tip toward positive outcomes by strengthening core life skills. All of us need executive function and self-regulation skills to manage daily life, but stress makes it more difficult to use the skills we have. During the COVID-19 pandemic, we need these core life skills for things like planning less frequent trips to the grocery store or market, filling out forms for relief funds or loans, navigating support programs, and for managing work, home, and caring for children. Adults can strengthen these skills with small but helpful supports, including:

- Using tools, such as text reminders for important appointments, grocery list apps, menu planners, and daily schedules (and posting them for the whole family to see)
- Creating step-by-step checklists for accessing relief funds and filling out important applications

During a crisis like the COVID-19 outbreak, families need their immediate, basic needs met before they can focus on anything else. But, when the crisis is over, longer-term programs that support adults and children in building and practicing their core life skills will again be necessary and effective.



*Information expanded from: *The Center on the Developing Child*

PARC UPDATE: COVID-19

Orchards Children's Services and the Post Adoption Resource Center Program hopes your family continues to be safe and healthy during the Covid-19 pandemic. Orchards continues to keep family safety at the forefront of our services. We continue to practice safety precautions, such as wearing a mask for any face to face contact and social distancing when around others. Our PARC staff have enjoyed seeing families during our past monthly support activities. We feel so connected to you and thank you for allowing PARC the opportunity to get to know your family. We miss seeing everyone at our activities. As we move forward in our planning for upcoming training and groups please reach out and let us know what type of support would be most helpful. We have expanded our support groups to include a monthly afternoon meeting, children's story time and a teen connection meeting. We hope you are able to join us in our virtual setting. PARC will continue to update families via our website, email communications and our facebook page.

Connect with PARC at:

Website: <http://parc-orchards.org/>

Facebook: <https://www.facebook.com/OCSPostAdoptionResourceCenter/>

Email: parcocs@orchards.org

Upcoming Virtual Meetings & Events

<p>Adoption Read. Meet. Eat. (Book Club):</p> <p>(1st Tuesday of the month)</p>	<p>Tuesday, 7-7-2020 6:00pm – 8:00pm</p>	<p>RSVP to: 248-530-5381</p> <p>Please include Name, Phone Number, Email Address & Home Address</p>	<p><u>Zoom Meeting ID:</u> 867 8459 0770</p> <p><u>Zoom Meeting Password:</u> 024067</p>
<p>Parent Support Group:</p> <p>(2nd Tuesday of the month)</p>	<p>Tuesday, 7-14-2020 6:00pm – 8:00pm</p>	<p>No RSVP Required</p>	<p><u>Zoom Meeting ID:</u> 840 9504 7189</p> <p><u>Zoom Meeting Password:</u> 028836</p>
<p>Parent Support Group:</p> <p>(Last Thursday of the month)</p>	<p>Thursday, 7-16-2020 1:00pm – 3:00pm</p>	<p>No RSVP Required</p>	<p><u>Zoom Meeting ID:</u> 870 8553 8523</p> <p><u>Zoom Meeting Password:</u> 023441</p>
<p>Teen Talk Tuesday: For ages 12+</p> <p>(4th Tuesday of the month)</p>	<p>Tuesday, 7-28-2020 1:00pm – 2:00pm</p>	<p>No RSVP Required</p>	<p><u>Zoom Meeting ID:</u> 845 4666 8041</p> <p><u>Zoom Meeting Password:</u> 017355</p>
<p>Online Storytime with PARC: For ages 11 & under</p> <p>(Tuesday: Bi-weekly)</p>	<p>Tuesday, 7-14-2020 & Tuesday, 7-28-2020 7:00pm – 8:00pm</p>	<p>No RSVP Required</p>	<p><u>Zoom Meeting ID:</u> 874 9872 5742</p> <p><u>Zoom Meeting Password:</u> 010700</p>
<p>→BONUS GROUP←</p> <p>Life after COVID-19 with Jeff Lusko:</p>	<p>Saturday, 7-25-2020 10:00am – 1:00pm</p>	<p>No RSVP Required</p>	<p><u>Zoom Meeting ID:</u> 874 9872 5742</p> <p><u>Zoom Meeting Password:</u> 010700</p>