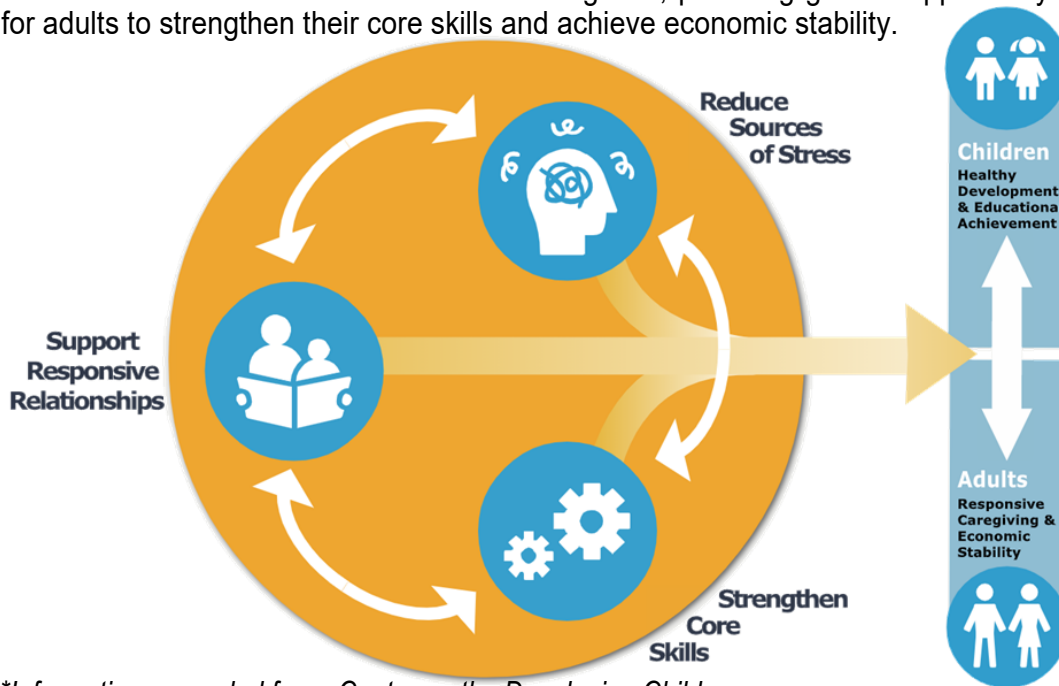




Post Adoption Resource Center Newsletter Oakland & Macomb County

Improve Outcomes for Children and Families

The three principles below are highly interconnected and reinforce each other in multiple ways. Progress on any of the three makes progress on the others more likely. When caregivers are responsive and create a stable environment, children experience less stress and have a strong foundation for positive learning, health and behavior. When children grow up in a supportive environment their improved behavior in turn reduces stress for their caregivers, providing greater opportunity for adults to strengthen their core skills and achieve economic stability.



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

**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

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. 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. PARC will continue to you keep you updated on all our upcoming events via our website, email communications and our Facebook page.

Connect with PARC at:

Website: parc-orchards.org

Facebook: www.facebook.com/OCSPostAdoptionResourceCenter

Email: parcoocs@orchards.org



Simple Summer Activities

Sponge Bombs

1. CUT SPONGE INTO THIRDS



2. STACK THE NINE PIECES



3. WRAP HAIR TIE AROUND CENTER AND FLUFF IT OUT



Stack Cups & Squirt Down

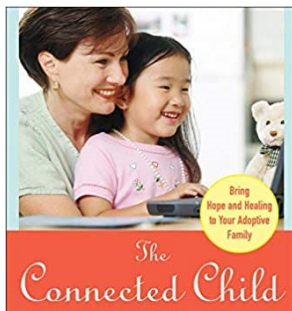


Colorful Foam

1/4 cup of water, 1 TBSP of dish soap, 1 TBSP of corn starch and food coloring into a blender. Blend until foamy (just around 20 seconds). Then dump into a bin and let the kiddos play!

*Information expanded from: "Teaching Mama"

Suggested Read



The Connected Child: Bring Hope and Healing to Your Adoptive Family
Authors: by Karyn B. Purvis, David R. Cross, Wendy Lyons Sunshine

The adoption of a child is always a joyous moment in the life of a family. Some adoptions, though, present unique challenges. Welcoming these children into your family and addressing their special needs, requires care, consideration, and compassion. Written by two research psychologists specializing in adoption and attachment, *The Connected Child* will help you:

- Build bonds of affection and trust with your adopted child
- Effectively deal with any learning or behavioral disorders
- Discipline your child with love without making him or her feel threatened

Help Young Children Develop Executive Function Skills

- Ensure that children have opportunities to engage in physical activity every day
- Incorporate music, dance, and activity
- Support pretend play in which children take on different roles
- Scaffold new learning with visual supports
- Teach children to take turns
- Help children learn to label and recognize their feelings
- Help children persist with challenging and multistep activities
- Systematically increase demands so that children can practice executive function skills

**Information expanded from: Building Blocks for Teaching Preschoolers with Special Needs, Third Edition*

PARC in the Community

As hard as it has been to not be able to see everyone in person, at trainings, support groups and activities, we love seeing everyone in the zoom meetings and absolutely love the photos you guys send! PARC continues to work tirelessly to come up with new ideas, trainings and activities to accommodate during these trying times and we are starting to slowly, but safely, move toward in person events! As always, we are open to hearing any suggestions or feedback you might have!



Recently, Julie and Sierra hosted a “Make It, Find It, Do It” afternoon activity for kids. Kits were put together and delivered to all of the children that signed up. Julie and Sierra kept everyone real busy while making the children use their new play-doh, sidewalk chalk, and creative minds!

“Family Fun Night” garden activity baskets were put together and delivered to each family that registered. The baskets included a birdhouse kit, a planter with soil and seeds, and some other goodies that families could work on together!

“Jenergy” joined us for an evening of line dancing and participants had so much fun learning some new moves!



We continue to have Joy Davies leading our support groups and love the insight she is able to offer our families, if you haven't already, we highly recommend joining one of these months! In addition to the support group, we have added a trauma informed yoga to keep the kiddos busy during support group. The kids that have joined have loved it! There is a video on our webpage and a page of testimonials went out in our recent emails.



PARC will continue to keep you updated on upcoming events through email as well as through our website and facebook, so keep an eye out!

Upcoming Virtual Meetings, Trainings & Events

ADOPTIVE FAMILY SUPPORT GROUP

When: Second Tuesday of Every Month from 6:00 – 7:30 PM

Where: Virtual Training – Zoom



Facilitator: Joy Davies from the Attachment Coalition is now running our support groups!

We are so excited to welcome Joy Davies to our monthly support group! Joy provides professional counseling to individuals, families and groups. Her primary focus centers around issues relating to developmental trauma, adoption and attachment disorders. She made the professional transition to counseling as a result of being an adoptive parent herself for the past 20 years. She understands a parent's desire to restore and/or maintain peace in their homes and to create environments that are supportive to healthy parent and child relationships.



Trauma Informed Yoga - For Kids

When: Second Tuesday of Every Month from 5:45pm – 6:45pm

Where: Virtual Training – Zoom Meeting

Facilitator: Carly Ceni

Let us keep your kids entertained while you attend our support group! In 2011, our facilitator, Carly started her journey of self-love, personal transformation, and happiness within and completed her first 200-hour RYT. She continues to educate herself as a YogaMedics practitioner and licensed clinical social worker in order to ensure students practice safe, alignment-based yoga that reconnects each person with their inner personal power.

Pizza in the Park with PARC

When: Thursday, July 22nd, 2021 from 4:00 p.m. – 6:00 p.m.

Where: Southfield Civic Center Park - 26000 Evergreen Rd, Southfield, MI 48076

This is an event for our PARC families to enjoy an evening of food, fun & family bonding. PARC will be providing pizza for the families at 5:00 p.m. You MUST RSVP for this event!



Finding HOPE & Understanding RESILIENCE

When: 2-day training - **Saturday, September 11, 2021 & Sunday, September 12, 2021** from 10am – 3:30pm

Where: Virtual Training – Zoom Meeting

Facilitator: Kim M. Seidel, MA, LPC, NCC

Please join us for a virtual training and discussion on understanding the power of HOPE and RESILIENCE in both ourselves and our children.



We are continuously working on adding trainings and activities, (and have a few things in the works!) Please keep an eye out for updates via email and social media!

