



Post Adoption Resource Center Newsletter Oakland & Macomb County

Fall Activities!



Make Fall Playdough

- 2 cups flour, 1 cup salt, 2 Tbsp Cream of Tartar, 2 cup water, 2 Tbsp oil
- Mix dry ingredients. Add water and oil. Cook over medium/ low heat until dough looks dry, but is still sticky. Let it rest for 1 min, then knead in food coloring, sparkles and/or scents.

- Split the dough into 3 or 4 portions and color with fall colored dye and maybe even add some fall spices such as cinnamon, pumpkin pie spice, or ground nutmeg!

Play "Thankful Ball"

- It's a game of catch with an added twist: before you throw the ball, you have to say one thing that you're thankful for.



Fall Scavenger Hunt

- Have an autumn themed scavenger hunt.
- Create a list of things you can find outside in the fall like pinecones, yellow leaves, acorns, and crabapples, and race to see who can find them all first.

Advocating for Your Student

- **Don't be surprised or embarrassed by academic challenges.**

As a result of prior trauma or neglect, adopted children are more likely to receive special education services, and it's best to recognize challenges early on. If you are concerned about your child's progress, request a school evaluation to see if they qualify for an Individualized Education Program (IEP).

- **Communicate with school staff.**

Communication is the key to meeting your child's educational needs. Early in the school year, give teachers a brief written explanation of your child's learning issues and what has helped in the past. If your child has an IEP that doesn't meet their needs, remember that you have the right to recommend an alternate plan.

**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*



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Advocating for Your Student, Continued

- **Be creative with school assignments.**

Assignments involving family trees, baby pictures or a child's history may be stressful for children who've been adopted. An example being: a child adopted at age 5, was asked to graph their weight from birth. When the teacher suggested they make up their birth weight, the child grieved the loss of their childhood information even more. Open communication with the teacher and some creativity can be useful to have altered or alternate assignments offered.

- **Help staff and students learn appropriate adoption language.**

A child of a different ethnicity, with different hair color, or features may be called out by other students claiming the child does not belong to their parent(s) we look different. Education is key and with open communication, you may be able to request to speak to the class. This opens the opportunity to educate the class on adoption and what makes a parent – a parent. Always be sure to discuss this with your child first to ensure they are comfortable, after all, this is their story!

**Information expanded from: Focus on the Family*

Engaging After School Conversation

 <h3>5 Questions to Ask Your Kid After School</h3>	<h1>1</h1> <p>What was something that made you laugh today?</p> 	<h1>2</h1> <p>What was something that worried you or stressed you out today?</p> 
<h1>3</h1> <p>What's one new thing you tried or learned today?</p> 	<h1>4</h1> <p>What's one thing you did today that you hope to do again tomorrow?</p> 	<h1>5</h1> <p>Who was kind to you today? How were they kind?</p> 

**Information expanded from: Parents Together*

PARC in the Community

PARC sends a huge **THANK YOU** to the **Jockey Being Family** program that continues to support our family activities.



JOCKEY
BEING FAMILY.

Did you know that not only does the Jockey Being Family program support our PARC program it also provides training opportunities for adoptive and foster families. Check out their website at: creatingafamily.org to register for many free trainings and sign up to receive their newsletter.

PARC continues to hold several monthly activities including parent support group with Joy Davies, "Matters of Culture" virtual parent group, teen support group at Urban Air, Karate and trauma informed yoga for the kids and teens, and a monthly Jungle Java meet-up geared towards the younger kids and their families.

Over the past few months families were invited to join in a PARC outing to the zoo and also to a family fun night at Urban Air. Additionally, over 100 children were provided with supply filled

backpacks at our Back to School Bash. The snow cones helped keep us cool, it was a hot day! The pizza kept us fueled for the bounce houses and dancing to the DJ while the prizes kept us motivated to keep playing games. We also enjoyed face painting, craft stations, resource tables, and so much more!



Per the request of many families after the last training, Annie Lange was invited back for another training, joined this time by Sally Backofen. Annie and Sally spent the evening teaching us how to enrich relationships and work towards filling our cups so we can more effectively meet our children's needs.

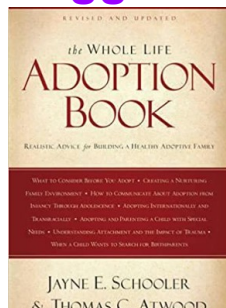


Over the summer break, with the help of PARC, Orchards Children's Services and medical subsidy, several children were able to attend different summer camps. A few things shared with us:

"My child loved going to Downriver's YMCA day camp each week and was excited to be able to engage in a new activity and theme weekly. They enjoyed their field trips the most!"

"While dropping my child off to bus departure for Camp Tanuga, he was nervous about being the only boy his age there. After some reassurance during check in, he also met two boys whom he became fast friends with during breakfast. Soon his nervousness dissolved and when asked, he let this worker know he was ready and looking forward to his time at camp!"

Suggested Read



The Whole Life Adoption Book: Realistic Advice for Building a Healthy Adoptive Family
Authors: Thomas Atwood, Jayne Schooler

This book includes information, research, and parenting strategies to help you understand the impact of adoption on birth children and learn about links to other resources for the journey ahead. This book shares insight into every aspect of adoption. This powerful resource addresses the needs and concerns facing adoptive parents, while offering encouragement for the journey ahead.

Upcoming Meetings, Trainings & Events

MATTERS OF CULTURE

When: 1st Thursday of the month **Time:** 7:00 - 8:00 p.m.
Where: via Zoom - **Meeting ID:** 874 0274 0930 **Passcode:** Zns8rs
Facilitator: Kathy - a transracial adoptive parent



JUNGLE JAVA

When: 1st Saturday of the month **Time:** 9:00 a.m.
Where: Jungle Java is located at 6481 N Canton Center Rd.
Canton, MI 48187
PARC will provide coffee for adults and each child will receive a snack box.
Kids are **REQUIRED** to have socks on and outside food is **NOT** allowed.



ADOPTIVE PARENT SUPPORT GROUP

When: 2nd Tuesday of the month **Time:** 6:00 - 7:30 PM
Where: 24901 Northwestern Hwy, Suite 500, Southfield, MI 48075
OR via Zoom – **Meeting ID:** 847 9379 5161 **Passcode:** Nw5gP6
Facilitators: Meet our new facilitators, Betsy and Dana, starting in October!



KIDS TRAUMA INFORMED YOGA

When: 2nd Tuesday of the month **Time:** 5:30-6:00pm (Dinner).
Children under 10: 6:00 - 6:30 p.m.
Children 11+: 6:45 - 7:15 p.m.
Where: 24901 Northwestern Hwy, Suite 600, Southfield, MI 48075
Facilitator: Carly Cenit



KIDS KARATE

When: 1st & 3rd Tuesday of the month **Time:** 6:00 - 7:30 p.m.
October is the last month for karate
Children under 11: 6:00 - 6:30 p.m.
Children 12+: 6:45 - 7:15 p.m.
Where: 24901 Northwestern Hwy, Suite 600, Southfield, MI 48075
Facilitator: Antonio Hervey



ADOPTED TEEN (12+) SUPPORT GROUP

When: Last Wednesday of the month **Time:** 6:00 - 8:00 p.m.
Where: Urban Air is located at 12050 Hall Rd, Sterling Heights, MI 48313
The Teen Group is for **ADOPTED TEENS (12+) ONLY**.
PARENTS WILL BE REQUIRED TO SIGN A WAIVER EACH TIME.



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

Website: parc-orchards.org

Facebook: www.facebook.com/OCSPostAdoptionResourceCenter

Email: parcocs@orchards.org