



# Post Adoption Resource Center Newsletter Oakland & Macomb County

## Fall Activities



### Handprint Tree

- Trace a family members hand and color or paint it in
- Have family members dip their fingers in fall colored paints and make some pretty leaves!
- Throughout the process, encourage your children to mix their own colors and describe what happens when the colors mix. You can even incorporate conversation about how beautiful blending a family can be!

### Thankful Pumpkin

- Pick out a pumpkin as a family (this can be a whole event in itself!)
- Every evening, or when you get a few minutes together as a family, talk about some of the things you are thankful for.
- Grab a permanent marker and start adding. This doesn't need to be done all at once, this can be done over several days! This is a great conversation starter and way to seek positives in our days!



### Grocery Ad Plate



- Get some scissors, glue, and everyone gets their own paper plate.
- Everyone gets to cut out foods that they enjoy and can glue them on their plate to make their "most amazing meal".
- This is a great opportunity to talk about likes and dislikes, especially with holidays around the corner. Maybe your children have traditions that they want to incorporate or ideas of things they would like to bring to the table!

**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***



# Co-regulation for Parents and Children

*Co-regulation is the interactive process by which caring adults provide warm supportive relationships, promote self-regulation through coaching, modeling, and feedback, and structure supportive environments*

Do you struggle to stop a tantrum? Stopping a tantrum can be a challenge, especially after your child is in full meltdown mode. When a child gets to this point, their brains can't process logical suggestions or use coping skills.

Helping children manage their emotions (also called "co-regulating") is so much easier if we can step in before their emotions boil over. Model the calm you want to see in your child. You can use physical touch, breathing techniques, or moving together to help your child mimic your lower stress level and manage their trauma response more effectively. For example, take long, slow breaths as you hold your child and encourage them to breathe with you.

Before your child melts down, some early signs your child is dysregulated might include:

- Fidgeting
- Throwing toys or clutching toys in both hands
- Hiccups or holding their breath
- Stiffened body
- Clenched jaw or fists
- Covering ears or closing eyes
- Excessive laughing or silliness
- High-pitched voice or baby talk
- Withdrawal/flat affect

If you notice any of these signs, it might be time to try a co-regulation strategy (see image for some ideas!)



It is also important to remember that you don't have to stop every tantrum! Letting kids (and ourselves!) cry it out in a safe, comforting environment when we're upset can have loads of surprising benefits:

- Crying shows children that their emotions and natural response (crying) are healthy and acceptable
- Releases pent-up frustrations, tension, and exhaustion
- Scientists believe that crying flushes stress hormones out of our bodies, helping to restore emotional equilibrium

Learning to Co-regulate with your child is a skill that you will be able to draw on during stressful times. It helps children and adults to manage emotions while maintaining connection. It will also help children to grow with a sense of security and the ability to eventually self-regulate.

*\*Information expanded from: U.S. DHHS, Parents Together, The Other Road Counseling, and Science Alert*

## PARC in the Community

PARC sends a huge **THANK YOU** to the **Jockey Being Family** program that continues to support our family activities. Check out their website at: **creatingafamily.org** to register for many free trainings and sign up to receive their newsletter.



**JOCKEY**  
BEING FAMILY.

PARC re-introduced the Macomb parent support group and moved the Southfield support group to the park for the summer. It has been so nice getting to spend time outdoors (when the weather wanted to cooperate)! In addition to the parent support groups, an adult adoptee group is also being held monthly.

Rebecca Rozema's "continuing the conversation" has been occurring every month and has been extended through the end of the year. The program is based off of Rebecca's training on Building Attachment and Bonding while Preventing Disruption and Dissolution and also touched on Trust-Based Relational Intervention.



Our annual Island Lake family fun picnic was yet again another huge success. We enjoyed seeing many new faces this year! We were thankful to have some beautiful weather, yummy food, and lots of smiles!

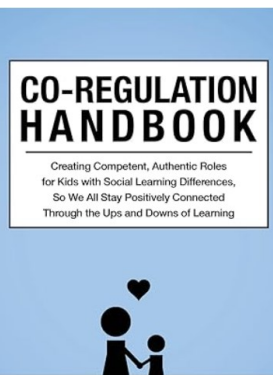


We had tons of fun at bike day and backpack day, watching kids eyes light up when they received their bikes and skateboards or while digging through their new backpacks full of supplies, always warms our hearts. The ice cream treats and Kona Ice kept us nice and cool during these hot summer events and energized the kiddos to get moving with the DJ on the dance floor! Many crafts were made, faces were painted and energy was burned in the bounce houses!



Thank you to everyone who helped make our summer so fun. PARC is working hard to engage families and as always, if you have any ideas or suggestions, please feel free to reach out!

## Suggested Read



***Co-Regulation Handbook: Creating Competent, Authentic Roles for Kids with Social Learning Differences, So We All Stay Positively Connected Through the Ups and Downs of Learning***  
Author: **Linda K. Murphy**

Do you feel frustrated or stuck, and long for a better way - a more positive way - to engage your child while guiding them toward independence?

This book was written for parents, caregivers, professionals and more - to guide you on how to move away from prompting and prodding kids - and toward authentic connections and competent roles. You'll learn how to create a positive learning environment for everyone, and feel empowered as you thoughtfully expand roles and responsibilities.

Linda K. Murphy MS, CCC-SLP

## Upcoming Meetings, Trainings & Events

### ADULT ADOPTEE SUPPORT GROUP

**When:** 1st Thursday of the month    **Time:** 6:30 p.m.  
**Where:** Virtual – Zoom    **Meeting ID:** 834 3484 2851    **Passcode:** 6G6suj  
**Facilitator:** Madison Peterson



### 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:** 826 8663 8350    **Passcode:** 0W5Xp4  
**Facilitators:** Betsy Thomas



\*Dinner and childcare will be provided

### MACOMB COUNTY PARENT SUPPORT GROUP

**When:** Last Wednesday of the month    **Time:** 6:00 - 7:30 p.m.  
**Where:** New Life Presbyterian Church  
    11300 19 Mile Rd., Sterling Heights, MI 48314  
**Facilitator:** Mikki Boury



\*Dinner and childcare will be provided

### CONTINUING THE CONVERSATION

**When:** Tuesday, September 19, 2023    **Time:** 6:00 - 8:00 PM  
    Tuesday, October 17, 2023  
    Tuesday, November 7, 2023  
    Tuesday, December 5, 2023



**Where:** Virtual – Zoom    **Meeting ID:** 826 6884 7619    **Passcode:** 7f9MFj  
**Facilitator:** Rebecca Rozema

### TRANSRACIAL ADOPTION TRAINING

**When:** Saturday, October 7, 2023  
**Time:** 9:30 a.m. – 3:30 p.m.  
**Title:** Transracial Adoption - An Adoptees Amazing Journey from  
    Foster Care to Children's Author  
**Where:** 24901 Northwestern Hwy., Suite 601, Southfield, MI 48075 **OR** via Zoom  
    **Meeting ID:** 829 6756 1257    **Passcode:** uudV9A  
**Facilitator:** Alixandra Moyer  
\*Childcare is limited and will be available on a first come first serve basis.



★ *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](http://parc-orchards.org)

**Facebook:** [www.facebook.com/OCSPostAdoptionResourceCenter](http://www.facebook.com/OCSPostAdoptionResourceCenter)

**Email:** [parcocs@orchards.org](mailto:parcocs@orchards.org)