

# Post Adoption Resource Center Newsletter Wayne 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!

#### Orchards Children's Services

Volume 10, Issue 3 September 2023

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#### 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!





## **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!

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 "fiery" exhale through the strategy (see image for some ideas!)



Gently tossing a soft ball (underhand) back and forth



Hug with your hearts touching until your breathing aligns



Play a game where you "catch" your feelings in the air, ask them why they're here, and let them go



Take "dragon breaths" (deep inhale through the nose, long mouth)



Carry something heavy together



Comfort them while they cry — you don't HAVE to stop the tantrum, crying is healthy!

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.

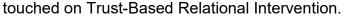
## **PARC** in the Community

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.

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





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

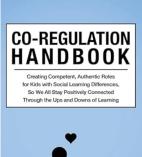
the DJ on the dance floor! Many crafts were made, faces were painted and energy was burned in the bounce houses!



**BEING FAMILY.** 

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**



Linda K. Murphy MS, CCC-SLP

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.

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## **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

Time: 6:00 - 8:00 PM When: Tuesday, September 19, 2023

> 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

Facebook: www.facebook.com/OCSPostAdoptionResourceCenter

Email: parcocs@orchards.org

