



Post Adoption Resource Center Newsletter Oakland & Macomb County

Building Bonds

Creating connection with your child through communication



Setting up a foundation for open and regular communication is essential to your child's social-emotional development. Conversation at every age creates the opportunity to foster kindness and confidence, and it builds the adult-child relationship, says Rebecca Rolland, a mother,

speech pathologist and Harvard University lecturer.

It's not actually the content of the conversation that matters most. Rather than trying to get conversation right, it's much more important that we're responsive to kids and following their lead.

The ABCs of talk

To start building a foundation for communication, Rolland suggests using the ABCs of rich conversation. They are:

Adult-framed. Look for the times when your child is most open to opening up. It might be before bed or while playing with their toys. Work time into your schedule around these moments to talk with them when they're ready.

Back-and-forth. Instead of lecturing your child, allow space for them to respond. The more back-and-forth in a conversation, the better for their overall development.

Child-driven. Let children take the lead when talking. Adults should be conversation partners instead of driving the talk.

Tips for talk

There are a lot of suggestions on what to say to your child, but Rolland says "ditch the scripts" and try instead to be responsive to what they're saying. This allows conversations to be based on the child's interests.

When children bring up their interests, even if you don't share those, it's so powerful to ask open-ended questions. This helps children feel they have something to teach you, as opposed to always being on the answering side.

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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*



Provided by Orchards Children's Services,
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Building Bonds (continued)

Ask questions that invite conversation - for example: “How did that make you feel?” or “What happened next?” instead of yes/no questions. If they don’t know or don’t want to talk, adults can model answering these types of questions by telling their own stories. You can set a silent phone alarm for at least five minutes and engage with your child, listen and reflect what you hear during this time.

Emotional regulation

Sometimes it’s hard to have a conversation because dysregulated emotions, either yours or your child’s, make it complicated. When you feel an intense emotional response to something, it can be difficult to respond appropriately and can lead to impulsive behavior. Emotions like anger are oftentimes difficult to manage.

When you are dysregulated or when you flip your lid, it is impossible for you to have a conversation with your child that is meaningful or that is going to be productive. Once you’re not reacting emotionally, the conversation can flow. Here are tips to build a trusting relationship through conversation:

- **Keep calm.** When your child is acting out and yelling, try approaching the situation by maintaining a calm and neutral tone of voice.
- **Apologize.** No one is perfect. Apologizing is about owning your part and acknowledging that you made a mistake.
- **Set consequences.** Instead of giving a punishment, it’s better to explain repercussions of actions. Do this when you’re calm. Or, ask your child what they think is an appropriate consequence for their action. You might be surprised by what they say.

Creating lasting bonds with your child through conversation may take time and work, but with some effort, you are laying the groundwork for a lifetime of connection and trust.

Flip your lid

Flipping your lid is a term used to describe emotional dysregulation. When you or your child is yelling, the emotional brain is in charge, and neither one of you is in a space to have a logical conversation. Noticing when your child’s emotions (or yours) are approaching dysregulation is key to intervening and remaining calm. Give yourselves a moment by pausing, so you can respond thoughtfully.

Open-ended questions

It’s important to ask kids questions that result in stories, rather than “yes” or “no”. Examples:

- Who made you smile today?
- What mistake did you make today?
- Who did you sit with at lunch today?
- Did anything happen today that was unexpected?
- How did you challenge yourself today?
- If your toys could talk, what would they say?
- Why is that interesting to you? What’s cool about it?
- Can you tell me more about that?
- Was there any drama today?



**Information expanded from: Costco Connection - Megan Campbell*

PARC in the Community

PARC continues to hold the Macomb and Southfield parent supports group on a monthly basis. For the summer months, PARC moved the Southfield support group to the park so we could enjoy pizza together and soak up some of the warm weather!

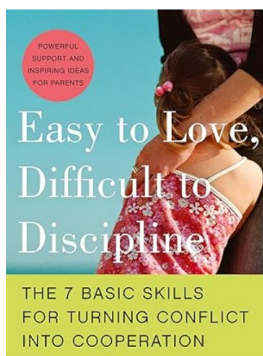
In July, several families gathered at Jimmy John's Field for an evening filled with baseball, food, and fireworks. Before the game began, some of the families had the honor of carrying out the flag for the national anthem. After the final inning, the children enjoyed the chance to run the bases. We finished the night with an amazing fireworks show!



In August, Tanille Hill joined us to lead a training on special education. Tanille provided families with valuable insight into IEPs and how to navigate them, helping build confidence and clarity around the process. The training's goal was to empower families to better advocate for their children within the special education system.

PARC has several things in the works for the upcoming months, be sure to keep an eye out. As always, if you have any ideas or suggestions, please feel free to reach out!

Suggested Read



Easy to Love, Difficult to Discipline: The 7 Basic Skills for Turning Conflict into Cooperation

Author: Dr. Becky A Bailey

Learn how to stop policing and pleading and become the parent you want to be!

Dr. Becky Bailey's powerful approach to parenting has made thousands of families happier and healthier. Focusing on self-control and confidence-building for both parent and child, Dr. Bailey teaches a series of linked skills to help families move from turmoil to tranquility: 7 Powers for Self-Control to help parents model the behavior they want their kids to follow. These lead to:

7 Basic Discipline Skills to help children manage sticky situations at home and at school, which will help your children develop

7 Values for Living, such as Integrity, Respect, Compassion, and Responsibility

Dr. Bailey integrates these principles into a seven-week program that approaches discipline from a radically new perspective, offering plenty of real-life anecdotes that illustrate her methods at work. With this inspiring and practical book in hand, you'll find new ways of understanding and improving children's behavior, as well as your own.

Valuable Resources

ATTENTION FOSTER & ADOPTIVE FAMILIES IN MICHIGAN!

Styles 4 Kidz, in partnership with the **Adoptive Family Support Network** and proudly sponsored by **Jockey Being Family**, is bringing you two amazing opportunities to grow your confidence in caring for your child's textured hair.



LEVEL 1: ONLINE COURSE

- Saturday, October 4th
- 10 a.m. - 12 p.m. EST
- Join us online from the comfort of your home!

Learn the **foundations of textured hair care**—everything you need to know to keep your child's hair healthy and thriving.

LEVEL 2: HANDS-ON WORKSHOP

- Saturday, October 18th
- Put your skills into practice with hands-on learning!

Choose your location:

- **Grand Rapids** | 10:00 a.m. - 12:00 p.m.
2172 Dean Lake Ave NE | Grand Rapids, MI 49505
- **Southfield** | 3:00 p.m. - 5:00 p.m.
24901 Northwestern Hwy. | Southfield, MI 48075 (6th Floor)

In this workshop, you'll **practice several basic hairstyles** that you can easily do at home to keep hair moisturized, neat, and looking great!



**REGISTER TODAY
SPACES LIMITED!**

To register, scan
the QR code



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D.A. BLODGETT
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Orchards
CHILDREN'S SERVICES

Upcoming Meetings, Trainings & Events

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
Facilitator: Betsy Thomas



MACOMB COUNTY PARENT SUPPORT GROUP

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



EVENT: THERAPY RANCH AT STILLWATER STABLES & STAYS

Date: Saturday, October 18, 2025
Time: 10:00 AM - 3:00 PM
Location: Therapy Ranch at Stillwater Stables and Stays
2370 Granger Rd., Ortonville, MI 48462
Topic: Equine-Assisted Psychotherapy



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Website: parc-orchards.org

Facebook: www.facebook.com/OCSPostAdoptionResourceCenter

Email: parcocs@orchards.org