



# Post Adoption Resource Center Newsletter Oakland & Macomb County

## Simple Summer Activities

### Homemade chalk paint

Offer children the opportunity to use materials they are familiar with, but in different ways. Using familiar materials in new ways helps children understand how things work, and helps them to see the creative possibilities.



The only two ingredients you need to make this DIY paint recipe are chalk and water. Use a large stick of pavement chalk, and grate some of it into a container. Then all you need to do is add a little water. Just add a few drops at first, you can always add more if you need it. Then simply stir your ingredients together to make your paint. Experiment with some color mixing!



### Side-by-Side Water Activities

Washing the family car or watering a small garden patch provides wonderful, calming sensory input for kids. Working right alongside each other with water tools allows for a lot of shared laughter and natural conversation without the pressure of intense, face-to-face eye contact.

### Cozy Outdoor Movie Spaces

Setting up a simple viewing area in the backyard can capture all the magic of an outing while keeping control over the environment. It is incredibly easy to pack up and head inside the second anyone starts to hit a sensory wall or feel overtired.

### Oversized Indoor Games

On days when it is too hot or raining, tape simple colored paper to the floor to create a giant, life-sized board game trail or obstacle course. It gives children a clear, predictable path to follow while channeling their physical energy into a structured, playful indoor activity.



**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***

# Balancing Summer Fun & Routines

When the school year wraps up, families experience a massive shift in their daily routine. No more rushed mornings, packed lunches, or nightly homework battles. But for many children who joined their families through adoption, this sudden change and loss of a highly predictable school routine can be a double-edged sword. While summer represents freedom, a total lack of structure can sometimes feel less like a vacation and more like uncertainty, leading to a rise in anxiety or behavioral shifts.

The goal for a successful summer isn't to replicate a strict classroom schedule, but to find a flexible, predictable rhythm, one that protects your family's peace while creating space for deep connection.

## Keep a Predictable Rhythm

Total unpredictability can trigger a child's internal alarm system. You can create a strong sense of safety by keeping the beginning and end of the day consistent, even if the middle of the day is wide open.

- **Keep the Main Routines:** Maintain relatively steady wake-up times, mealtimes, and bedtimes.
- **Use a Loose Flow:** Instead of an hourly schedule, think in blocks. For example: *First breakfast, then a morning activity. First lunch, then some quiet downtime.*
- **Give a Heads-Up Before Transitions:** Spontaneous summer plans are fun, but giving a quick heads-up helps a lot. Try saying, *"We're heading to the park this morning. We'll stay until the timer goes off, and then we'll head home for lunch."*

## Embrace Low-Demand, Low-Stress Fun

Social media often tells us that summer needs to be a non-stop highlight reel of crowded theme parks, elaborate travel, and packed schedules. But high-sensory, high-stress environments can easily lead to sensory overload for kids and burnout for parents.

Often, the most powerful attachment-building moments happen during quiet, low-demand activities where there is zero pressure.

- **Backyard or Living Room Picnics:** You don't have to pack up a massive cooler and drive an hour away. Throwing a blanket on the grass or the living room floor breaks up the daily routine in a fun, novel way without the stress of public crowds.
- **Side-by-Side Connection:** Engaging in tactile, grounding activities is a wonderful way to connect. Planting a small garden patch, washing the car, or working on a simple hands-on DIY craft allows for natural conversation to flow without the pressure of intense, direct eye contact.
- **Low-Stake Outings:** Look for local, open-air community events like an afternoon movie or a casual concert in the park. These are perfect because it is incredibly easy to pack up and step away early if anyone hits a sensory wall.

The true magic of summer isn't found in a perfect itinerary, it's found in the quiet, ordinary spaces where your child feels safe, seen, and secure. This summer, give yourself permission to lower the bar, protect your family's routine, and pick the activities that truly fill everyone's cup.

*\*Information expanded from: Child Welfare Information Gateway - Trauma-Informed Parenting and Placement Stabilization*

## PARC in the Community



PARC has moved the Macomb and Southfield parent supports groups to the park for the summer and recently added a new group in Wayne County!

In April, PARC held a teen-dating workshop designed specifically for the teens. During the workshop, teens learned about teen dating, including how to recognize the signs of unhealthy relationships and how to respond effectively.

In May, Jerry Peterson joined us for an insightful parent training on healthy sexual development in children and teenagers. Parents explored the differences between typical sexual behaviors and behaviors that might be cause for concern. By understanding both, parents left equipped to create a safe, supportive, and non-judgmental environment for their children to grow up and in.



PARC held their annual Island Lake event in early June. Hot dogs were barbequed, games were played and laughs were shared! We had beautiful weather and a great time.



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!

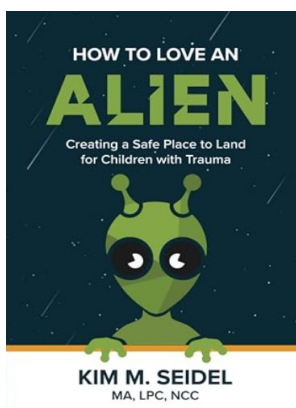
## Suggested Read

***How To Love An Alien: Creating A Safe Place To Land for Children with Trauma***

**Author: Kim M. Seidel**


How to Love an Alien is written for parents and caregivers struggling to understand and connect with children who have experienced traumatic events such as:

- Faulty relationships with their caregivers
- Medical issues
- Abuse
- Neglect
- Divorce



These experiences impact the way children develop, emotionally and psychologically, and cause them to struggle to trust and accept love; they act as if they are from another planet, real-life aliens. This book will provide parents and caregivers with a quick guide to successfully connect with their children by building trust and creating strong attachments through a love-based parenting approach.

## Valuable Resources




**Post Adoption Resource Center**  
**Macomb, Oakland and Wayne County**

The **Post Adoption Resource Center** in partnership with **Bethel Assembly of God** invites PARC families to join us at the

# BACK TO SCHOOL BASH

**When:** Friday, August 21, 2026  
**Time:** 12:00 p.m. – 2:00 p.m.  
**Where:** Bethel Assembly of God –  
2984 Fort St., Lincoln Park, MI 48146



Families are invited to join us for a training on IEPs, pizza, backpack giveaways, glitter tattoos, crafts, and hair cuts\* for kids!

**\*Due to the limited time constraints only cuts/trims will be available for kids and it will be left up to the discretion of the stylist**

You **MUST RSVP** to attend the event by scanning the **QR code**, or calling **248-530-5381**  
**DEADLINE TO RSVP FOR THIS EVENT IS AUGUST 7, 2026.**

## Upcoming Meetings, Trainings & Events

### ADOPTIVE PARENT SUPPORT GROUP

**When:** 2nd Tuesday of the month    **Time:** 6:00 - 7:30 PM

**Where:** Civic Center Park - 26000 Evergreen Rd., Southfield, MI 48076  
(for summer - June through September)

**Facilitator:** Betsy Thomas

\*Childcare will **NOT** be provided. Dinner will be provided. Don't forget to bring a lawn chair or blanket to sit on.



### WAYNE COUNTY PARENT SUPPORT GROUP

**When:** 3rd Tuesday of the month    **Time:** 6:00 - 7:30 PM

**Where:** Bethel Assembly of God 2984 Fort St., Lincoln Park, MI 48146



### MACOMB COUNTY PARENT SUPPORT GROUP

**When:** Last Wednesday of the month    **Time:** 6:00 - 7:30 PM

**Where:** Dodge Park - 40620 Utica Rd, Sterling Heights, MI 48313  
(for summer - June through September)

\*Childcare will **NOT** be provided. Dinner will be provided.



★ 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)