



Post Adoption Resource Center Newsletter

Volume 1 Issue 14

August 2016

News from South Central U.P. (Iron Mountain Office)

...by Nikisha LaPine, PARC Specialist, South Central U.P.

U.P. KIDS thanks all the families that participated and joined us for our beach day event at Lake Antoine on Saturday, July 23, 2016. We would like to give a special thank you to Marcia VanWolvelaere for collaborating with U.P. KIDS to make the beach day possible. Marcia provided many supplies, and represented the Adoptive Family Support Network, too. Marcia has been trained through AFSN, and is a really collaborative leader in the Dickinson area community.

We had a great turn out and beautiful weather! Adoptive parents - please let us know if an annual beach day event for adoptive, foster and prospective families to have fun, relax and network/connect with other families is something that you want to happen (by community or U.P. wide). Please share your thoughts with a PARC Specialist (numbers below).



In this issue...

First Annual Beach Day for Adoptive, Foster, and Prospective Adoptive and Foster Families	1
Safe Sleep	2
Picnicking in the Sault	2
Preparing for School and Preschool	3
Michigan Heart Gallery returns to U.P.	4

www.upkids.com

To contact a PARC Specialist by phone, call...

- Houghton 906 487-9832
- Iron Mt. 906 281-3440
- Marquette 906 281-3420
- Sault 906 281-3276

Post Adoption Resource Center Newsletter

News from North Central U.P. (Marquette Office)

...by Jessica Glomp, PARC Specialist

I recently had the opportunity to attend a safety training. I was shocked to learn that the #2 reason for infant mortality, behind birth defects, is unsafe sleep! Every THREE DAYS a Michigan baby dies when sleeping in an unsafe place. I found this especially shocking because it is something that is completely preventable. Here are some guidelines that I wanted to pass along to you all!

What is NOT safe sleep?

- Adult Beds. Mattresses are too soft and adult bedding can suffocate babies.
- Couches. Babies can become stuck in the cushions and suffocate.
- Bumper pads, blankets, wedges, and positioners. These items are not needed and can block the baby's airway.
- Sleeping with others. Babies can be smothered when sleeping with adults or other children.

What IS safe sleep?

- A firm mattress that is firm with a tight fitted sheet. Babies don't need soft bedding to be comfortable.
- Babies should be put on their backs to sleep. They will not choke and it will be easier for them to breathe. A fear new parents have is that the baby will spit up and choke. When they are on their back, their air tube is on top of the tube to their stomach. When they spit up, the liquid flows back into their stomach, not their lungs. When they are laying on their stomach and spit up, liquid can easily flow into their air tube and cause them to choke.
- Take everything out of the crib. Nothing should be in the crib except for the baby.
- Cribs, bassinets, or pack-n-play are the safest places for babies to sleep. Do not smoke around babies! The second hand smoke is very bad for their tiny lungs.
- Tell grandparents or other caretakers to always put the baby to sleep safely.
- Breastfeeding is best for the baby, but put them back in the crib afterwards to sleep.

* * *



Photos from the Eastern U.P. (Sault Sainte Marie Office)

...by Jeannie O'Brien, PARC Specialist



U.P. KIDS collaborated with the Adoptive Family Support Network for three events in three days—a picnic in Sault, MI, a picnic-turned-day-at-The Children's Museum-due-to-weather in Marquette, and a full day of parent-to parent support training, also in Marquette. Here are some photos of the fun and games at Sherman Park in the Sault. Special thanks to Evelyne Bumstead, adoptive mother recently trained as a leader through AFSN, for making this fun day possible.



Fan that ping pong ball with that box to the finish line!



More News from South Central U.P. (Iron Mountain Office)

...by Nikisha LaPine, PARC Specialist, South Central U.P.

We are approaching that time of year again when our kiddos head back to school and we want to make sure they are ready! I would like to share a few tips with you on ways to prepare your children for the upcoming school year after a fun filled summer!

1. Make sure to pick up a list of supplies for the grade your child will be entering. If you need help with supplies, please contact your local Salvation Army and they can provide you with the information you will need.
2. Get your children back into a scheduled routine and make sure they are getting the correct amount of sleep.
3. Schedule an eye exam/physical prior to the start of the new school year.
4. Help your children get into a healthy eating routine/habits.
5. Encourage your children to read and participate in library activities.
6. Encourage active learning such as asking and answering questions, solving problems and exploring interests.
7. Monitor your child's television, video game and internet use.
8. Demonstrate a positive attitude about education to your child.
9. Learn how to be your child's biggest advocate to a fair education and know your rights as a parent. Please visit <http://www.mpas.org/resources/special-education-manual>
10. Talk with your child about any interests they may have in school activities, programs or extracurricular activities.




Head Start provides education opportunities and support for children ages 3-5 (3 by September 1st) Head Start is a federally funded program, locally designed and implemented, providing quality early childhood education to children and their families. The program is comprehensive and involves the family in the total development of the child. Families with children age 3 to 5 are encouraged to apply at any time throughout the year. Families whose children have documented disabilities are also encouraged to apply.

Early Head Start is a federally funded program. The newly funded Early Head Start will be home based and was created to help you help your child grow and learn. Families can expect weekly home visits and socializations 2 times a month. Expectant parents and families with infant and toddlers are encouraged to apply.

For more info or to apply for **Head Start** or **Early Head Start**, call 906-779-2695 or visit www.diisd.org

Please visit <http://www.greatstart4kids.org/earlyheadstart> for more information on **Early Childhood Programs in Dickinson and Iron Counties.**





Free Developmental Screening for Children Ages 3-5 Years Old

Developmental Areas covered include:

- ✓ Cognitive or Thinking Skills
- ✓ Gross and Fine Motor Skills (Large and Small Muscle Control)
- ✓ Speech and Language Capabilities of the Child
- ✓ Social/Emotional Well Being



Contact:

Department of Early Childhood Education
Dickinson-Iron Intermediate School District
1074 Pyle Drive, Kingsford, MI 49802
Telephone: (906) 779-2695
www.diisd.org



"Like us" on Facebook - Dickinson Iron Head Start

SERVICES ARE AVAILABLE TO CHILDREN WITH SPECIAL NEEDS

Dickinson-Iron Intermediate School District is an Equal Opportunity Employer/Educational Institution. It is the policy of the Dickinson-Iron ISD that no person shall, on the basis of race, color, religion, national origin, or ancestry, gender, age, disability, height, weight, or marital status be excluded from participation in, or denied the benefits of, or be subjected to discrimination during any program, activity, service or its employment. For information contact the Superintendent's executive secretary at the DIISD, 1074 Pyle Drive, Kingsford, MI 49802 (906) 779-2695.

Play Group Invites 1.18.18

Post Adoption Resource Center Newsletter



Michigan Heart Gallery Returns to U.P.

The Michigan Heart Gallery, a traveling photographic exhibit featuring photos of youth currently in the foster care system awaiting adoption, will be in the U.P. from early August through late September 2016. The Michigan Adoption Resource Exchange (MARE) worked with over 50 volunteer professional photographers from all across the state to make this year's display possible. The complete display showcases 120 of the over 300 youth waiting for a "forever family" in Michigan.

Many of the youth are teens. To hear them tell you what adoption means to them and why you should adopt, watch the video at <http://www.mare.org/Resources/MichiganHeartGallery.aspx>

Then, come see the exhibit, or view all of the youth at www.mare.org. There is particular need for families to foster and/or adopt older children, sibling groups, and children with special needs here in the U.P. and throughout the state and country. U.P. KIDS licenses foster homes and provides adoption services. For more info or to start the licensing process, call U. P. KIDS toll-free at (877) 423-2029.

U.P. KIDS also provides post adoption services. See page one of this newsletter for the Post Adoption Resource Center in your community.

Tentative schedule:

Sault Arts Festival Aug 2

Sault Downtown Days Aug 5-6

Marquette County Fair Aug 11-14

U. P. State Fair, Escanaba Aug 15-21

Sault Lakerpalooza Aug 26

Chippewa County Fair,

Kinross Aug 30-Sep 5

Dickinson Co. Library,

Iron Mountain Sep 12-19

Confirmed sites can be found on the calendar at

<http://www.upkids.com/post-adoption-resource-center/calendar/>