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Post Adoption Resource Center

With summer coming to an end, it is a good time to start preparing children to start school before the first day. Summer is a time where our routines may have changed from our routines during the school year. For example, bed time may be later during the summer and the mornings may be a little more relaxed and you get to sleep in a little bit. When getting children ready to start school, it is a good idea to start a few weeks before school starts so that they (and you) are fully prepared for the school year ahead. Here are some helpful tips to make the transition smoother.

1. Restore or start your routine before summer vacations ends. A few weeks before school starts, have children start going to sleep 15 minutes earlier and wake up 15 minutes earlier. The next week have children go to sleep and wake up 30 minutes earlier. The week before school, have children go to sleep at your designated bed time for school and wake up when they need to for school. This will help ensure that their first week of school they will be getting enough sleep to start the school year strong.
2. Buy school supplies in advance. Most schools will provide a list of supplies needed to start the school year. Depending on what grade your child is in, the list will vary. It is always a good idea to buy ahead of time so you are not rushing to buy supplies right before school starts. If the school did not send out a list, you can always contact the school to find out what your child is going to need.
3. Leave time in your morning on the first day. Sometimes schools have a day to check out your child's classroom and meet the teacher before school starts. This is a great time to check in with the teacher and see what the school year will look like for your child. It is also a great time to exchange contact information with the teacher. If you are not able to meet the teacher before school starts, it is a good idea to go early on the first day to be able to do so.
4. Make sure to start the morning right with breakfast. We have all heard that breakfast is the most important meal of the day. It fuels our brain after a night of fasting. It is important for children to get a balanced meal before school so that they can be fully alert and ready to learn.

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www.upkids.com

Contact a PARC Specialist

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Houghton 906-250-0393

Marquette 906-235-4898

Sault 906-281-3276

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Post Adoption Resource Center Newsletter

Mornings can get chaotic and overwhelming when school begins. Getting children ready in the morning can be stressful, especially when you are trying to get more than one child ready. Here are some helpful tips on making your morning go smoother.

1. Choose your child's clothes the night before or have them pick. It is also a good idea to designate one place for your child's clothes. This ensures that the morning is not filled with wardrobe meltdowns and helps smooth out the process of getting ready.
2. Keep your shoes organized. A lot of time in the morning is spent trying to figure out where our child's other shoe is. If we can try and keep the shoes organized, we can get out the door faster.
3. Make sure school work is completed the night before. It is easy to fall into the trap of "I will do it before school," but this could potentially lead to a stressful morning of trying to get everything else done and then trying to complete homework that could have been done the night before. It is a good habit to make sure the work is ready for the next day.
4. Have children shower or bathe the night before. Having to shower or bathe the morning of school will just lead to one more thing you or your child has to complete before school. If your child likes to shower in the morning, it is a good idea to have them wake up 15 minutes earlier so that they do not feel so rushed.
5. Ban TV in the mornings. Watching TV while trying to get ready in the morning can lead to a slow start. It is a good idea to limit the distractions so that children can focus on the task at hand: getting ready to go to school.
6. Make lunches the night before. If your child is going to have a lunch from home, preparing it the night before will save you a lot of time and stress. You can prepare their food and have it in one area so that time is spent getting the lunch in the lunch box versus trying to prepare it.

By Alysia Cherubini-Sutinen, PARC Specialist at the Houghton office

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Help is available to meet your child's Special Education needs

Do you think your child may benefit from Special Education? Is your child already receiving Special Ed services, and you dread attending that next Individualized Education Planning (IEP) meeting? Do you have questions, concerns, issues, ideas regarding your child's educational services? There are free options available to assist you .

The Michigan Special Education Mediation Program (MSEMP) helps parents, educators, and service providers develop productive relationships for resolving issues in early intervention and special education. You can request a facilitator for your next IEP, schedule a mediation of any disagreements with your child's school, or obtain valuable training by calling 1-833-KIDS1ST or contacting the MSEMP from their website, <https://msemp.cenmi.org/> . MSEMP'S trained, neutral facilitators help manage special education meetings so participants can focus on the issues, voice concerns, and contribute ideas.

Special Ed advocacy is also available at no cost from various organizations including Michigan Protection and Advocacy (MPA), which has an office in Marquette. Information on MPA services can be found at <http://www.mpas.org/> and the Marquette office can be reached at 866-928-5910.

News from the North Central U.P.



Dinner, childcare, and the movie, *Lion*, which deals with many of the joys and challenges of adoption, are planned for Tuesday, August 21, at 6 p.m. at Teaching Family Homes, 1000 Silver Creek Road, Marquette. RSVP required to Jessica Glomp at 906-235-4898 or jessica@upkids.com



Adoptive parent support groups meet in Marquette as needed. Contact Jessica at 906-235-4898 or jessica@upkids.com if you are interested in attending a support group.

News from the South Central U.P.

A monthly support group for adoptive and foster parents is held on the first Thursday of each month at Northpointe Behavioral Health Systems in Dickinson County. For more information and questions, contact Grant Ziems at 906-290-2135 or ZiemsG@michigan.gov or Beth Hellman at 906-396-3212 or bhellman@nbhs.org.



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News from the Eastern U.P.

Two monthly support groups are facilitated by U.P. KIDS for adoptive and foster parents and permanent guardians of children placed via Michigan's child welfare system. One meets the first Thursday of every month from 5:30 to 7 p.m. in St. Ignace. Families meet in the church hall at Lighthouse Assembly of God Church for a light dinner at 5:30 p.m. At 6 p.m., the children move to the play area for supervised fun activities while parents have their discussion.

Another Parent Support Group meets monthly on the third Thursday of every month from 5:30 to 7 p.m. at Applebee's on the I-75 Business Spur in Sault Ste. Marie, MI. Adoptive, foster, and guardianship parents are welcome to come for refreshments and conversation.

RSVP for either or both groups to Reba Miller at 906-231-6056 or reba@upkids.com

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News from the Western U.P.



Baraga State Park, MDHHS, KBIC Tribal Social Services, U.P. KIDS, MSU Extension and Baraga County 4-H invite all current and potential foster/adoptive families to Baraga State Park for the Raising Hope, Fostering Dreams event on Saturday, August 18, 9 a.m. to 3 p.m. Activities will include bounce house, guided hike, lunch, a visit from Smokey the Bear, crafts, and outdoor games. Pre-register by August 10 by calling Baraga State Park at 906-353-6558. Lunch provided only to those pre-registered.



Dr. Karyn Purvis

Michael Monroe and his family. All four children are adopted.

Dr. Karyn Purvis and Michael Monroe from *Empower to Connect*, offer help to the following questions that are commonly asked by adoptive and foster parents:

1. How Do I Handle Manipulation & Control?
2. Will Trust-Based Parenting Work for My Child?
3. Why Won't My Child Act His Age?
4. How Do I Handle Lying?
5. How Do I Find the Right Professional?
6. Should I Parent My Adopted Child Differently?
7. How Long Do I Have to Parent This Way?
8. Is It Adoption Related or Not?
9. Will Trust-Based Parenting Prepare My Child for the Real World?
10. How Can I Be Fair?

Watch each of these ten short videos at the web page below.

<http://empoweredtoconnect.org/10-questions-adoptive-parents-ask/>