

POST ADOPTION RESOURCE CENTER

Newsletter

Adoptive and Foster Parent Support Groups

Our monthly support group is now offered both online via Zoom and in-person through a hybrid format. In-person meetings are available at various locations.

Third Thursday of Each Month

7:00 p.m.

Join Zoom Meeting:

Meeting ID: 863 1655 1136

Password: 123

No RSVP necessary.

Join other current or prospective foster, adoptive and guardian parents.

All information shared will be kept confidential.

For more information and/or to RSVP, contact

Alysa Sutinen at alysa@upkids.com or 906-250-0393

Dana Munn at dana@upkids.com or 906-281-3998

Eve Giraud-Prosser at eve@upkids.com or 906-281-9091

Shifra Cooper at shifra@upkids.com or 906-748-0022

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UPkids.com

Contact a PARC Specialist

Escanaba 906-748-0022


Houghton 906-281-3998

Marquette 906-281-9091

Chippewa 906-250-0393

Check out upcoming events, webinars, and resources on our Facebook page:

U.P. Post Adoption Resource Center



Coming Together
Sharing Together
Working Together
Succeeding Together

The Post Adoption Resource Center is a program of U.P. KIDS and is funded by the Michigan Department of Health and Human Services.

Seven Core Issues of Adoption and Permanency

By Shifra Cooper, Post Adoption Specialist

Adoption is complex, it is filled with changes, challenges, and the unexpected. According to research, there are seven core issues of adoption and permanency that may impact children, parents, and the family unit as children develop and families grow. One thing is extremely clear about this research: These issues are not a reflection of the adoptive family! Regardless of being the adoptee, adopted, the type of adoption, circumstances leading to adoption, and possible trauma our children have experienced, these issues can impact lives and relationships. The best thing we can do is to be aware and familiar with the seven core issues of adoption and permanency. Awareness of these issues can bring empathy and a clearer understanding.

Loss: An adopted child, regardless of the circumstances, happiness, and security with their adoptive family, can feel a certain level of loss. The feeling of loss can be definitive like being removed from the home of birth parents or a vague feeling of loss experienced due to distress or confusion about people who are no longer involved in their lives.

Rejection: Regardless of the circumstances, adoptive children may feel rejected by their birth parents and may avoid situations where they may further feel rejected or may find ways to create rejection by others to validate their negative self-perception.

Guilt/Shame: Adopted children may believe that there is something wrong with them that led to their removal and/or adoption, that they did not deserve to stay with their birth parents. They may believe that they could have done something differently to change the circumstances.

Grief: defined as a “deep sorrow,” is not a one-size-fits-all emotion. It presents differently and the specific feelings of loss may be different. Grief can be experienced by an adoptee because of not being raised by their birth parents, the loss of that connection, or changes in their relationships.



Identity: Who am I? Where do I belong? These questions are often asked by adoptees as they seek to understand how they fit into the family and into the community.

Intimacy: Loss, grief, shame, identity, rejection can compound for an adoptee and cause them to shy away from or prevent them from developing close, personal relationships. Does this mean it will never happen? No, we just need to be aware and create opportunities for bonding, attachment, understanding, and openness.

Mastery and Control: Have you ever had something happen to you that was beyond your control? Think about that feeling from the perspective of your adoptive child, how does that feel? We must remember that the events in their life were life altering and out of their control and often, without their consent. Continue to give them choices, power, and a sense of control over things that they can and should control. In addition, open communication where the child feels safe to express their feelings without judgment can allow for them to better understand their feeling and result in more feelings of being in control.

Meet the Newest PARC Staff Member

Eve Giraud-Prosser, Post-Adoption Specialist

My Name is Eve Giraud-Prosser and I was recently hired to be a post-adoption specialist, covering Marquette, Alger, and Schoolcraft counties. I graduated in 1999 with an Associate's Degree in childcare then continued my education to graduate with a Bachelor's Degree in Psychology. I owned my own daycare for several years, then worked as a Family Assistance Specialist through the Army Michigan National Guard as a civilian employee. I am looking forward to this new position and look forward to meeting and working with all of you.



Quality Family Time

Dana Munn, Post-Adoption Specialist

During the holidays quality family time can be spent with some simple activities. Holidays often come with time off from school and possible family visits, which can allow for great opportunities for family activities, such as these:

- Cook together
- Make a fort
- Hide and seek
- Read together
- Play in snow
- Movie night
- Dance party
- Karaoke
- Card/board game
- Puzzle
- Ice skating
- Arcade
- Legos play
- Tell stories
- Art
- Clay/play dough
- Swimming
- Family photos
- Museum/Library
- Volunteer
- Stargazing
- Soccer/baseball/sports
- Science experiment
- Paper airplanes
- Random acts of kindness
- Sunrise/Sunset
- Family Night out
- Journaling
- Chores together
- Create traditions
- Explore your town
- Scavenger hunt
- Obstacle course
- Learn a new skill
- Religious activities
- Virtual games
- Video chat
- Indoor camping
- Tea party/fancy dinner
- Let kids teach something
- Kids plan a fun day
- 20 questions game

Nurturing Parenting

Dana Munn, Post-Adoption Specialist

As caregivers it can help to have as many tools on hand as possible when challenging situations arise, in the same way that having more tools to build a home or more skills at work can be beneficial. Providing care to those around us in a nurturing manner allows for the utilization of more tools, as respect, empathy, and growth are presented through nurturing. Nurturing parenting is the philosophy that emphasizes the importance of raising children in a warm, trusting, and empathic household. This also involves the view that all things, both living and inanimate, have worth and deserve respect. This philosophy also involves promoting the growth and development of one's positive traits, qualities, and characteristics.

Some ways to develop a more nurturing home can include having nurturing parenting routines that promote structure, which then provides stability and security. Routines help create bonds when paired with empathy. Growing up in an empathic home helps family members care better for their selves and others, and promotes quality healthy communication. Empathy is also demonstrated through gentle touch and respecting consent, which includes understanding how and when another person would like to be touched, whether that involves tight hugs, brief high fives, or brushing another's hair.



Nurturing parenting is also demonstrated through discipline, which refers to guiding behavior through modeling, open communication, and encouraging personal power and inclusion. This practice includes learning and utilizing proven alternatives to hitting, spanking, and yelling as forms of communication and discipline. Modeling ways of expressing emotions is an excellent way to reinforce wanted behaviors and

to increase self-worth through demonstrating and verbalizing appropriate expectations.

When increasing nurturing practices in a household, small steps can be key to reducing the stress of change and allowing all members of the family to participate in that change. This can involve brainstorming ideas with all family members, allowing everyone to have input in the family rules, so they feel included and that they have some control. Having each person select activities for bonding can also increase nurturing.. The staff at your Post-Adoption Resource Center is available to help with additional information and support.





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We Are Here For You!

- Let us know what you would like us to do for you!
- What questions or concerns do you have that would interest you for training topics?
- What activities would you like to see us host for your family?
 - How can we help you through our support groups?
 - Do you have any other ideas or suggestions?
- Contact us through email, phone, or our Facebook page!

