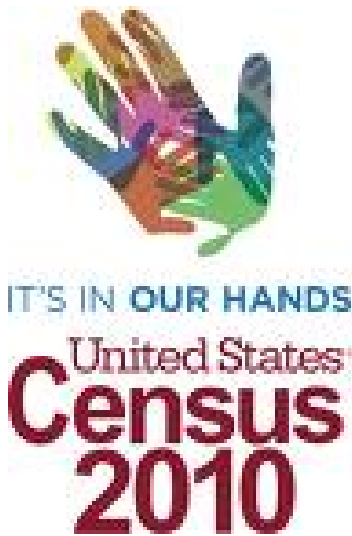


**February
2010**

*Tuscarawas County Job & Family Services
Post-Adoption Link Newsletter*



COMMUNITY INFORMATION

BE COUNTED IN 2010

The Census: A Snapshot

The United States Constitution requires a national census once every ten years. The census is a count of everyone residing in the United States. All United States residents must be counted—people of all races and ethnic groups—both citizens and non-citizens. Census Day is **April 1, 2010**. Questionnaire responses should represent the household as it exists on this day.

The Importance of Census Data

Every year, the federal government allocates more than \$300 billion to states and communities based, in part, on census data. Funding for child welfare services are based on census. Census data also determines representation in the U.S. House of Representatives and guides local decision-makers on where to build new roads, hospitals, child-care and senior citizen centers, schools, and more.

Where to Count Foster Children?

The Census Bureau has developed residence rules that provide instructions on where people should be counted. As such, foster children should be counted where they are living. For example, if Tuscarawas County Job & Family Services holds custody of a child and we place the child in a foster home in Guernsey County, the child should be listed on the Guernsey County foster home's census form.

You Can Make A Difference

As an influential community leader, you can help raise awareness of and encourage participation in this historic event. Be sure to share this information with your children's families. With your help, the Census Bureau will continue to produce accurate data, which will directly affect the quality of life in our community.

For more information, contact Bobie Stein, Administrative Assistant, at the Tuscarawas County Office of Community and Economic Development at 330-365-3228 or Email her at stein@co.tuscarawas.oh.us

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Newborn Adoptions

First Weeks



Connecting Through Everyday Baby Care

Dressing, feeding, burping, tickling, tucking into bed—the nuts and bolts of baby care—bring the moments that can draw you together.

By JoAnne Solchany, R.N., Ph.D./Triad

Attachment and adoption seem inseparable to many parents. In fact, attachment is an ongoing process for all parents and children, one that generally takes from 10 and 14 months and continues to evolve over a child's early years.

Attachment is rooted in a child's need to be fed, bathed, kept warm, sleep, in order to survive. As a parent meets these needs, attachment is formed. Consistency, predictability, and emotional responsiveness create secure attachment.

Consider that a baby requires more than 3,000 diaper changes and eats over 6,000 times during the first three years of life. Add 2,000 going-to-sleep times, 2,000 or so morning and naptime wakeups, 1,000 bath times, and 2,000 getting dressed times. These are the moments (the glances up at mom or dad, being held when tired) to connect, establish trust, and strengthen your bond with your baby.

Making the most of everyday moments

1 Always be there. Your baby needs to know with certainty that

you will come when she needs you. A good rule of thumb: No matter what your child's age at adoption, respond to his cries or call verbally or physically within 15 seconds.

2 Talk to your baby. Try to maintain eye contact. Make up games—peek-a-boo, I'm-gonna-get-your-belly-button.

3 If your child avoids eye contact, slowly coax the behavior over time (not forcing but not ignoring the behavior either). Play "I see you," peeking, making eye contact, and then hiding again. Smile or laugh. Playful interactions decrease feelings of threat and make time with you fun and rewarding.

4 Touch your child. A pat on the arm, a kiss on the head, a tickle on the tummy: Connect through the spontaneous touches that occur throughout the day.

5 Keep it playful. Any moment can be fun with a song, a game, a laugh, or just a smile. The more a child associates positive feelings with being fed or changed or warmed or comforted by you, the stronger the developing parent-child relationship.

6 Do not take your baby's behavior personally. Babies who are fussy eaters, who flail

around during a diaper change, or pull away during your attempt to connect are usually tired or overwhelmed. Don't interpret a baby's withdrawal as a rejection of you or a desire to be with a previous caregiver. Stay close to him physically, as well as with your voice and your gaze.

7 Think like your child. Ask yourself, "What would this look like from my child's point of view?" Don't assume that your child is experiencing events as you do. Instead, consider his perspective. Go slowly; don't push.

8 Demonstrate Attachment. Behave as if your baby responded to you the way you expected. If he turns his head away when you pick him up, act as if he had looked at you, reached for you, and smiled. Walk into the room, looking right at him, with arms open, smile, and say lovingly, "There you are! I've been waiting for you. Look, my arms are ready to hold you."

9 Maintain Physical Connection. Hold your baby, wear your baby, hand in hand, skin-to-skin. Soft baby carriers keep your infant close to your body. An older

baby can adapt to a sling carrier. Keep toddlers close by holding hands or keeping your arm around them. Carry an older child to bed or in from the car. Give piggyback rides. Cuddle and rock.

10 You cannot spoil a baby! The more you respond, the more secure your child, and the more independent he will become later. Respond to a crying baby and the baby cries less over time. Respond to your child and you will see fewer behaviors designed to gain your attention. Your interactions will become richer and deeper.

Think of each time you care for your baby as an occasion to meet basic needs and to connect. By letting your baby know you are there to nurture her, by providing affection, happiness, and a sense of well-being, and by developing a relationship of give and take, you will establish a foundation for lifelong attachment with your child.

Triad/Newborn Adoptions
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A Good Night's Sleep

How to Respond to Your Child's Night Wakings and Help Her Sleep Through the Night

By Sarah Springer, M.D./Triad

All parents long for a peaceful bedtime routine: Read your child a story, kiss her goodnight, and don't see her again until morning. By understanding how children learn to sleep through the night, you can help your child's sleeping as you promote her attachment to you.

- Newborns learn to sleep through the night by consistent nurturing and neurologic maturation. Initially, you'll respond to your newborn many times during the night. After providing food or comfort, let her drift off to sleep in her crib by herself. By about 6 months of age, she should be able to fall asleep on her own and sleep for 10 to 12 hours, feeling safe in the knowledge that you're there is she needs you.
- A child adopted as an older infant or toddler may not have slept alone before and, fearful of the strange sights, sounds, and smells of her new home, may wake up crying repeatedly in the night. To sleep through the night, she needs the consolation of having her needs



AGE-BY-AGE SLEEP NEEDS

Age	Hours of sleep needed daily
1-4 wks	18-22
1-4 mos	16-20
4-12 mos	14-18
1-3 yrs	12-14
3-6 yrs	10-12
7-12 yrs	9-10

- met consistently by the same person. Think of your child as a newborn in a toddler's body. Meet each of her needs, such as pain, hunger, fear, or sensory aversions, in the appropriate way.
- See a sleep specialist if your child snores persistently, has difficulty breathing, or exhibits unusual movements during sleep.
- A good rule of thumb: Be as physically and emotionally present as she needs you to be, but keep that presence as limited as she'll tolerate. You may need to sleep in the same bed for the first few weeks, then on a mattress in her room, then just outside her door. Wean yourself from her sleep routine as she learns that you'll be there when she needs you. It may take months, but your efforts will pay off. Your child will soon be sleeping peacefully through the entire night, and you'll have formed an attachment that will last a lifetime.

Adoption Basics for Family and Friends

First Weeks

As they welcome your baby, help your family understand adoption at the same time.

By Marybeth Lambe, M.D./Triad



Part of the joy of bringing home our children is sharing our happiness with others. So

we're sometimes caught off guard by insensitive, even rude questions and comments from family and friends. How to respond?

1 Protect your child's privacy. In The excitement of the moment, it's easy to reveal too much about your baby's background. This is your child's private history, and he should decide whether and when to divulge the story of how he came to be adopted. You do not have to answer every question that is asked, and you should never share anything that your child herself does not already know. Often, non-specific details will satisfy idle curiosity.

2 Practice the right language. Now's the time to learn what to say to others about adoption. Your baby doesn't understand words yet, but she'll pick up on your tone, so keep it comfortable and relaxed. Soon enough, she'll begin to understand your words, as well, so

start practicing your responses to questions and comments now.

3 Be a teacher. You can help others understand what it means to form a family through adoption and clarify their misconceptions. Asking "Why do you ask?" will silence some and reveal the sincerity of those who really want to know more about adoption. If questions are too intrusive, you can say, "I'm sure you understand that the information you seek is personal to our family."

Remember, we respond to those statements in order to help our children deal with such comments in the future. And what better time to learn to speak about adoption? You get to practice saying what you want your baby to understand when she's older. As she grows, she'll know how proud you are of the way you became a family.

Marybeth Lambe, M.D., is a family physician and adoptive mother in Washington state.

Questions You May Hear . . .

QUESTION: "Her real mother was a teenager, right?"

IMPLICATION: Birthmothers are mostly troubled teens.

YOUR RESPONSE: We're keeping information about Janie's birth family private right now.

QUESTION: "How could anyone give up such a beautiful child?"

IMPLICATION: Birthmothers are irresponsible and heartless.

YOUR RESPONSE: Her birthmother couldn't raise any child right now. It must have been a difficult decision.

QUESTION: "What do you know about her real parents?"

IMPLICATION: Adoption information is publicly available.

YOUR RESPONSE: We're his parents. We're bringing him up.

QUESTION: "It's too bad you couldn't have your own child."

IMPLICATION: Adoption is second best.

YOUR RESPONSE: Janie is our own child.

QUESTION: "Aren't you worried that his birthparents will come and take him back?"

IMPLICATION: Birthparents may appear to "reclaim" their children at any time.

YOUR RESPONSE: No. We're Michael's family by law.

QUESTION: "How much did you have to pay?"

IMPLICATION: Adoption is outrageously expensive. Babies can be bought.

YOUR RESPONSE: Adoption fees are all court approved. After tax credits and employee benefits, adoption isn't much more expensive than childbirth.

The Ties That Bind

First Year

By Fran Eisenman./Triad

Rituals are the glue that binds a family together.

Rituals remind us to connect and celebrate. The special rituals we create reflect the love, comfort, and attachment that glue family members together. Our children relish rituals to celebrate the wonderful way our families are formed, such as coming-home (“gotcha day”) celebrations, the creation of adoption lifebooks, and traditional tellings of “the day we met you.” In the same way, activities that honor birth culture can create a stronger and more positive identity.

Involved from the Get-Go

Babies are constantly learning and making memories, so involve your infant or toddler in family rituals early on. Let him touch and see the adoption-journey photo album you’re making for him. Tell him (and siblings) his adoption story over and over to create a new family ritual.

By surrounding your baby with family traditions, you show him that he belongs to a family and society, and that he is and will forever be cherished.

And Baby Makes . . . A New Tradition

Any emotional, meaningful activity can become a cherished ritual. Along with Welcome Home day celebrations, try these:

- ♥ **Start a lifebook for your baby,** and add to it every year. Pick a

regular time, e.g., the anniversary of her placement or finalization day, to read and discuss it.

- ♥ **Say a blessing** for your baby’s birth family before meals or when you light holiday candles.
- ♥ **Once a year, in your baby’s name, donate something to an organization** that supports adoption. Tell her you are doing this to honor her and to help others.
- ♥ **Create a memento book.** Start a collection of items, tokens, or pictures that represent your child’s adoption and/or birth culture, and add to it regularly. Your child can draw or paint a picture or record a tape to add to it. Be creative!
- ♥ **Celebrate Family Night.** Set a night once a month to recognize the importance of family bonds. Activities could include a special dinner, games, birth-culture activities, looking through photo albums.
- ♥ **Hand down a tradition.** For example: “When I was little, I baked these Christmas cookies with my mom. Now we do it together.”



How to Create a Simple Adoption Storybook

With the adoption process fresh in your mind, now’s the time to create a child-friendly photo book describing your child’s adoption. Keep it simple—one photo or item per page, accompanied by one or two sentences of straightforward text. Laminate the pages and read it at bedtime from the earliest ages. Include these pages:

1 Where it all began: Help your child “see” her beginnings by including photos of her city or country of birth.

2 Before baby: Include some photos from your own life before the adoption.

3 Working our way toward you: Briefly describe the adoption process, and include a referral photo or a photo from your first meeting with her birthmother.

4 Meeting you: Was it a sunny day? What do you remember about the hospital or orphanage? Enrich this section with any special details you remember.

5 Coming home: You can end the storybook on the day you met your child.

Fran Eisenman is a family counselor specializing in adoption. Dr. JoAnne Solchany is an assistant professor at the University of Washington.

Telling the Tough Stuff



Here's how to tell your child the difficult facts about his adoption in positive, age-appropriate ways . . . And how to keep the conversation going.

By Lee Tobin McClain, Ph.D./Adoptive Families September/October 2005

Your five-year-old plays in the backyard, contentedly immersed in a world of sunshine, sandboxes, and swings. How will you bring up the fact that her birthparents left her alone in a public place?

You've been evasive about the details of your eight-year-old son's life before adoption. Lately, he's been asking questions. Is now the time to tell him that his birthmother was an alcoholic?

You are wondering whether your teen's recent bouts of anger result from the news that his biological siblings live with his birthparents. Was telling him the right thing to do?

Adoption is a joy that sometimes comes with sadness, especially if there's a difficult side to your child's story. Your natural desire is to shield your child, to maintain his innocence as long as possible. You want to focus on the happiness he's brought to your family. Is it ever okay to veil, or just plain bury, sad truths in his past?

You Must tell

Absolutely not, say the experts in an almost unanimous chorus. "During my 30 years working in the field, I've never seen information an adult adoptee shouldn't know," says Ronny Diamond, an adoption therapist and director of the adoption consultation team at Spence-Chapin, New York City.

"Ask yourself, 'Why don't we

talk about this?'" advises Jayne E. Schooler, coauthor of *Telling the Truth to Your Adopted Child*. "Is it because we think he's not ready to know or because *we're* not ready to tell him?"

Naturally, you'll share information in ways that are appropriate to your child's age and abilities. "Children are entitled to information, but that doesn't mean a parent needs to say everything at once," says Diamond. "Parents have the responsibility to make decisions in the child's best interest, including what to share and when and how to share it."

Preschoolers can't understand abstract concepts or culture-wide prejudices. They don't know how babies are made, so they can't make sense of rape or prostitution. Experts disagree as to when older children can be told painful personal information. Some maintain that a child should know everything about his past by age 12, others advise withholding particularly tough details until the late teen years.

No matter how you choose to approach this difficult task, is it critical that you tell your child the story of his past. "It's not a parent's job to keep information from a child," says Diamond. "It's the parent's job to help the child make sense of that information." You do that by explaining things in a positive, understandable way, by answering any questions your child asks, and by providing the context

to help her begin to make sense of her birth family's actions.

How often should you talk about adoption? Adoption scholar David Brodzinsky, Ph.D., of Rutgers University, has a rule of thumb: If you can't remember the last time you talked about adoption, it's time for a conversation. Others, mindful of reports by adult adoptees that adoption was on their minds as children much more than it was discussed at home, suggest that parents toss out an adoption comment on a regular basis. This way, your children will have frequent openings to ask questions or raise concerns.

Gauge your child's interest and curiosity before diving into a difficult discussion. Holly van Gulden, author of *Real Parents, Real Children*, outlines what she calls the "pebbles" technique: Toss out a casual comment, such as, "I wonder whether your birthparents are as talented in math as you are," and see if it leads to a conversation. If your child doesn't respond, move on. Drop another "pebble" a few weeks later. Maintaining open lines of communication about adoption will make it much easier to broach the difficult aspects of the story when the time is right.

Straight talk about tough personal details will undoubtedly be emotional, even painful. But plenty of counsel is available to help you manage the conversations.

The Preschool Years: Telling the Story

There are two keys to sharing adoption information with preschoolers. First, tell the child's story as a story, not as a dry recital of facts. If "Once upon a time" catches your child's interest, lead off with it and go from there. Just make sure your child knows that, unlike a fairy tale, this story is true.

Second, tell no lies. As a fiction writer, I've been tempted to embellish my daughter's adoption story. But I know that anything I say may be taken and remembered as fact, so I leave her story unadorned. "Adoptive parents who 'create' a story have to remember all of its details—or risk confusing their child," warns Schooler.

Limit the negative details at this age. "You wouldn't explain rape and incest to a six-year-old," says adoption therapist Brenda McCreight. "So why talk about such things in relation to the child's own life?"

Older preschoolers can handle more than you may think. Marijke Breuning had told her young daughters that their "Ethiopia mommies" were too ill to care for them. Recently, she added the fact that they had died. One of her daughters became upset at the thought that her mother had misled her earlier. "I explained that I had not lied, I had told her only the first part of the story. Her Ethiopia mommy had been very sick and had eventually died from the illness," explains Breuning. "Knowing that the first story and the new information fit together made a big difference."

Those Magical Middle Years

Somewhere around age seven to nine, children make a cognitive leap. They're able to understand abstract

concepts and are likely to have more questions about the adoption story you've told them. While kids of this

***"It's not a parent's job to
keep children from
information about themselves.
It's our job to help them learn
to make sense of it."***

age might seem young and tender to parents, in fact, they're highly resilient. This is often the ideal age for sharing or revisiting thorny realities.

Older elementary-age kids haven't yet entered the tempestuous stage of adolescence. They're talking to you—and listening to what you have to say. They have time to integrate new information about their past before redefining their identities as teenagers.

It's important to keep in mind that each child processes information as his own pace. When a mother in California contacted her son's birth family in Russia in search of medical information, she learned some new, difficult details about the birth family. Although the parents decided to wait to tell their son much of the new information, they did tell him that he has a biological sibling. "It took my son several months to look at the photograph of his brother that we received," the mom recounts. Nonetheless, in an "encouraging development," her son recently felt comfortable enough to mention his brother to a friend.

This is also the age that a child can understand the social context of his birthparents' adoption decision. Learning about the social conditions that might have led to infant abandonment, such as extreme poverty, drug or alcohol addiction, or prejudice against unwed mothers, can be very important in helping a

child make sense of his past.

Don't forget to balance facts with feelings and speculation. If you are someone who is most comfortable with hard data, remind yourself to ask open-ended, emotional questions. In the case of abandonment, you might say: "I wish we knew more about your birthparents! Does it ever make you mad that we don't?" If a child's biological siblings are being raised by his birthparents, you might say: "I wonder how our life would have been different if your birth family had been able to raise you instead of your brother?"

Let your child decide what, if anything, he wants to do with any new information. "His brother is willing to be contacted," says the California mom. "It's hard to say right now if my son will want to write to him, but," she notes wisely, "it's entirely up to him."

What Happens in Adolescence

Adolescence is the time to continue filling in the details. Be prepared for some turbulence as your child struggles to figure out who he is. If the adoption conversation has been open thus far, it's likely to remain so during adolescence. "If the parents have been honest, then the door is open to expand on what the teen has been told as a younger child," says McCreight.

In most situations, with most children, adoption experts say that difficult adoption information is best shared by the child's parents. After all, they are the people who love him and are trusted by him. Parents may benefit from consulting a therapist for advice on what to say, how to say it, and how to otherwise prepare for challenging conversations, says Diamond. "But having a therapist talk separately to a child should be the last option."

Developing Compassion

Thoughtful discussions over the course of childhood can help your child develop compassion for families in difficult circumstances—families like their birth families—without the resources to cope. Our goal is not to excuse neglect, abuse, or other hurtful behavior. In fact, says Schooler, it's wise to affirm a child's negative feelings. If a child reacts by saying, "I hate my birthparents," don't rush into an explanation of why they have problems. A gentle "I understand" can work wonders.

One adoptive mother in the Milwaukee area has always been open with her twin sons about the fact that their parents' alcohol abuse led to their leaving the boys in a burning apartment. She tells her boys that their birthparents must have been very loving when they weren't drinking, because the boys were so affectionate when they joined their adoptive family. "I guess I'm trying to help them see alcohol as the culprit, not their birthparents," says this mom.

Another mother who has worked extensively, both at home and in therapy, to help her daughter understand difficult medical and personal information about her birth family, reports that good has come out of the pain. "My daughter has confronted conflicting emotions, the grays in life much earlier than other kids," she writes. "Helping her understand that sorrow and joy can coexist over the same experience is, perhaps, a loss of innocence—but also a gain in maturity."

Ultimately, says Diamond, "we want our children to be able to say, 'My birthparents did the best they could, even if it wasn't enough.'"

Sample Conversations

PreSchool: On Abandonment

Once upon a time, in a land far away, there was a young woman. She had a baby in her tummy, and she was very worried. She knew she couldn't take care of a child.

When the baby was born, the woman wrapped the baby carefully in many layers of cloth and placed her in a warm box. She took the child to the safest place she knew: a police station. Soon, a kind police officer came out of the station. "A baby!" he cried, and picked her up. "I will take her to the baby home. There will be many other babies for her to play with and nannies to care for all of them," and he did.

Elementary Years: On Abandonment

Yes, it does seem scary that your birthparents put you down in a marketplace and left you there. How does that make you feel? How do you think they might have felt doing it?

Some counties don't have laws that allow adoption like we do in the U.S. If there isn't any other way to make an adoption plan for a baby, birthparents will take the baby to a safe place where they're sure he will be found quickly.

Even though it's frustrating not to know anything about your birthparents, we can learn all about your birth country and why some parents have to do such a hard thing.

Elementary Years: On Birth Siblings

It must hurt to think about your birth family raising other children. Do you ever wonder why they couldn't raise you?

Sometimes families go through hard times. It wasn't anything you did wrong. (If siblings are older.) Maybe when you were born, there wasn't enough food for one more baby. Your birthparents wanted you to have another family to take good care of you. (If siblings are younger.) Maybe your birthmother didn't have anyone to help her and couldn't take care of you when you were born. You couldn't wait until later. You needed a safe family to help you grow up.

Adolescence: On Drug Addiction and Neglect

You know how you learned about drugs in the program at school? Well, your birthmother made some bad choices about drugs. She couldn't think straight while she was using them, and she sometimes left you alone. We know your birth mother was very young, and that she didn't get the chance to go to school. Maybe that's why she couldn't think through her choices very well.

When Language Matters

Therapist Ronny Diamond urges parents to think twice before using words that create unnecessarily harsh impressions, such as "rape" or "abandoned." Some birthmothers use "the term 'rape' to avoid blame for an unexpected pregnancy" explains Diamond. Unless you have court records or other reliable sources to verify rape, your child is better served by an explanation that provides several possible contexts. However, if you do verify that a rape occurred, share this information with your child before adolescence, or as soon as she is mature enough to hear it. Similarly, the term "abandonment" may leave the impression that a child was discarded when, in reality, leaving a child in a public place to be found quickly may be the only way to place a child for adoption in many countries.

In Search of Identity

Ages 13+

By Debbie B. Riley Adoptive Families September/October

It's not unusual for teens to start thinking more about their birthparents. In fact, it's normal.

Has your teen asked to meet his birthparents? Many adoptive parents become fearful or anxious when the topic comes up, worrying that the stability of their family life will be threatened. But for most teens a desire to search (or simply to gather more information) does not mean that their love for—or attachment to—their adoptive parents is diminished. It's part of a normal developmental process that's unfolding now.

A Teen's Inner World

Searching for one's sense of self or identity is the job of all adolescents. But for those who are adopted, the task is more complex: "How can I know who I am without knowing where I came from?" they often ask themselves, and "How will this affect the person I wish to become?"

Teens who express a desire to find their birthparents have most likely already begun an "internal or intrapsychic" search. This means that they've started to think more intensely about aspects of their adoption story, wondering who their birthparents are, how they may be similar (or dissimilar) to each of them, or why they were placed for adoption. They also may be scared of "opening" their adoption and of the emotions and uncertainty this may unearth.

If your child has brought up the

notion of a search, do your best to help her explore her thoughts and feelings. (It's often difficult for teens to bring up the topic of birthparent because they don't want to seem disloyal or hurtful.) Beginning a dialogue—and respecting what your teen has to say—can ease her worries, especially if you convey that you'll be supportive and understanding.

Once you begin a discussion, you may find that her desire to search is actually just a quest for information, or a way to express sadness, anger, or confusion. Even though your child wishes to know more about the circumstances of her adoption, she may not be asking for a face-to-face meeting now.

On the other hand, if your teen wants to search, enlist professional support from a therapist who has experience with adoption-related issues. Adolescent adoptees should prepare for all of the possible search outcomes, including rejection by a birthparent, learning that one has died, realizing that there's a disparity between fantasy and reality, or—in the best case scenario—building a relationship with and integrating the birthparent into their lives. Families will also need help in setting appropriate boundaries with a birth family, as well as in guiding their teenager through the search-and-reunion process.

TALKING POINTS

When talking with your teen about his desire to search, steer away from questions that begin with "why." Teens may become defensive in response. Instead, use open-ended questions, such as:

1 If you were to meet your birthparents, what would you like to ask them? What do you want to know?

2 What do you imagine they are like? What are you hoping to find?

3 What do you think your reunion will be like?

4 How do you think they might feel about your desire to meet them?

5 What do you think your relationship will be like once you meet?

6 How can we help you?



Adoptive Families Resources

BOOKS FOR ADOPTIVE PARENTS

Telling the Truth to Your Adopted or Foster Child: Making Sense of the Past

By Betsy Keefer and Jayne E. Schooler

Contains many sample conversations and responses to children's questions

Raising Adopted Children

By Lois Melina

A section on talking about adoption includes suggestions for introducing difficult information at various ages

Adopting the Hurt Child

By Gregory Keck, Ph.D. and Regina M. Kupecky

Outlines hands-on exercises and activities that can help children, including those with developmental or learning disabilities, make sense of troubled pasts.

Wounded Children, Healing Homes: How Traumatized Children Impact Adoptive and Foster Families

By Jayne E. Schooler; Betsy Keefer Smalley, LSW, and Timothy J. Callahan, Psy.D.

Why doesn't our child return our love? What are we failing to understand? What are we failing to do? These questions can fill the minds of adoptive parents caring for wounded, transitional children. Families often enter into this experience with high expectations for their child and for themselves but are broadsided by shattered assumptions. This book addresses the reality of those unmet expectations and offers validation and solutions for the challenges of parenting deeply-traumatized and emotionally-disturbed children.

Children of the Manse

By Lewis Richard Luchs

This book is about the early life and time in a Children's Home in Ohio, where a sibling group of four was adopted. The process, reaction of the children, and the dynamics that are involved with sibling group adoptions. The book is said to be hopeful, but very realistic and balanced. A retired Senior Judge from the state of Oregon's Circuit Court said, "His (Lewis Richard Luchs) story exposes human frailties while it exalts human kindness and generosity. The road traveled by the four Luchs' siblings leads to a triumph of human spirit." If you are interested, you can see more about this book at www.childrenofthemanse.com

Great Resource Link

<http://www.adoptivefamilies.com>

You will find a number of resources under the categories of Adoption Information Center, Search Adoption Directories, and Quick Links. These links have been supplied by the *Adoptive Families* magazine, an award-winning national adoption magazine, which is the leading adoption information source for families before, during, and after adoption.

Under the Quick Links section of the link bar (on the left side of the page), please note the following articles: **Adopting From Foster Care; Transracial Adoption; Adoption and School; Bonding with Baby; Open Adoption; Telling the Adoption Story; Older Child Adoption, Siblings and Adoption; and Family Rituals.**



Northeast Ohio
Adoption Services

Building Healthy Adoptive Families

**ADOPTION TRAINING
& RESOURCE FAIR**

Saturday, March 6, 2010



Sponsored by:
**Northeast Ohio
Adoption Services**
Free gift for all families
who complete training

Registration: 11:30 a.m.

Time: 12:00-5:00 p.m.

Location:

St. Charles Church

7345 Westview Dr.

Boardman, OH 44512

6,000
Ohio children are waiting.
Adoption...
Be part of something special.

Northeast Ohio Adoption Services
5000 E. Market St.
Suite 26
Warren, OH 44484



Registration Form

Building Healthy Adoptive Families, March 6, 2010 (11:30 a.m. - 5:00 p.m.)

Name 1 _____

Name 2 _____

Address _____

City, State, Zip _____

Phone Number _____

Email Address _____

Please Check One

I/We have a completed homestudy at agency: _____

I/We are in the process of completing a homestudy at agency: _____

I/ We are just starting to gather information about adoption and foster care.

Mail Completed Form To:

Kim Mineard
5000 E. Market St., Ste. 26
Warren, OH 44484
Fax: 330-856-5586
www.noas.com

**THERE IS NO FEE FOR THIS EVENT
KINDLY RESPOND BY
TUESDAY, MARCH 2, 2010**

**Regina M. Kupecky, LSW
Featured Trainer**

REGINA M. KUPECKY, LSW, has worked in the adoption arena for more than thirty years as an adoption placement worker and therapist. She was named "Adoption Worker of the Year" in 1990 by the Ohio Department of Human Services.



She is currently a therapist with Dr. Keck at the Attachment and Bonding Center of Ohio, where she works with children who have attachment disorders. She trains nationally and internationally on adoption issues, sibling issues, and attachment.

Ms. Kupecky authored a resource guide, Siblings Are Family Too, which is available through the Three Rivers Adoption Council in Pittsburgh, Pennsylvania. She has coauthored a curriculum with Dr. Keck and Arleta James called Abroad and Back: Parenting and International Adoption, and has written a curriculum on sibling issues titled My Brother, My Sister: Sibling Relations in Adoption and Foster Care.

**Warren Junior Women's League/FGWC
Event Partner**

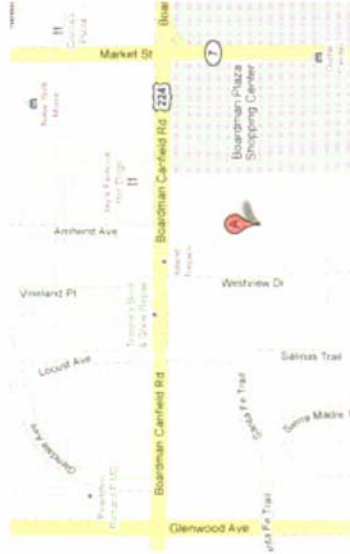
Warren Junior Women's League/GFWC ~ A member of The GFWC/Ohio Federation of Women's Clubs, an international organization dedicated to community improvement by enhancing the lives of others through volunteer work and service.

Julie Vugrinovich is the Ohio Federation of Women's Clubs Director of Juniors, and her Junior Special Project Platform is Adoption and Foster Care. Remember that "Adoption is a Loving Option".

Directions

St. Charles Church
7345 Westview Dr.
Boardman, OH 44512

(Off 224 near Southern Park Mall)



Schedule

Registration: 11:30 a.m.
St. Charles Church

Opening Session: 12:00 - 12:45 p.m.
Matthew Room

**FOR THOSE NEW TO ADOPTION:
Adoption 101: Adoption Information & Steps to Adoption**

Training Session One: 1:00 - 2:30 p.m.
Matthew Room

**FOR FAMILIES/PROFESSIONALS:
Ten Characteristics of Successful Adoptive Families
Trainer: REGINA M. KUPECKY, LSW**

Break/Browse Exhibits 2:30 - 2:45 p.m.

Training Session Two: 2:45 - 4:15 p.m.
Matthew Room

**PANEL DISCUSSION:
Ten Characteristics of Successful Adoptive Families
Moderator: REGINA M. KUPECKY, LSW**

Break/Browse Exhibits 4:15 - 5:00 p.m.

**For more information,
or to make reservations call:
Kim Mineard 1-800-686-6627
ext.126**

**ADULTS ONLY PLEASE
NO CHILDCARE PROVIDED**

FREE GIFT TO EACH FAMILY
who completes
training sessions one and
two on March 6, 2010.

**Information about Training
Credit Hours and CEUs**

This workshop, offered through the Ohio Child Welfare Training Program, provides three credit hours of continuing education credit for professionals at no charge. Credits are approved by the State of Ohio Counselor and Social Worker Board. Additionally, foster parents receive a certificate for three hours of continuing education training.