

**May
2011**

Tuscarawas County Job & Family Services Post-Adoption Link Newsletter

What Do Birthdays, Holidays, and High School Graduations Have in Common?

By Gayle Hahn

Each can be a **TRIGGER** for reactivating feelings of grief in your adopted child. They are the occasions in life when your child may reflect on his or her connections or memories of birth parents or other former caregivers and react with sadness or anger. Some examples of triggers are:

Holidays

- The child's birthday
- Christmas
- Mother's Day

Losses of Many Different Kinds

- Transitions from one school level to another
- Medical crisis (of parent or child)
- Change in your family composition (especially with immediate family membership)
- Moving your place of residence
- Death of a pet
- Moving away of a friend
- Breakup of a dating relationship
- Graduation
- Divorce of adoptive parents
- Death of an adoptive parent

You may see a variety of grief reactions in your child if a trigger has recently occurred or is coming up. Supporting a child when he or she is grieving can be difficult, especially if your child's expression of grief comes in the form of challenging behaviors.

SOME TIPS FOR COPING

- Know where you are in managing your own grief issues (this is especially true if you and your child share any triggers)
- Be sure you and your child get ample rest
- Be aware of creature comforts (fix their favorite meal, dress them in their most comfortable clothes, make sure they are warm enough)
- Arrange for short periods of respite (you and your child are likely to need it)
- Do not take your child's behavior personally (remember that their anger is really meant for the birth parent)
- Keep the lines of communication open (remind your child that it is good to talk about things that are troubling us)
- Look at your child's lifebook together or read an age-appropriate book about adoption to your child
- Help your child find the words to express his/her feelings (remember children may need their parents close by but may not always be accepting of physical closeness)
- Holding, reaffirming your love, sticking to routine, and sometimes sharing a good cry may also be what is most needed.

Being supportive of a grieving person usually results in a closer attachment between the supporter and the griever.



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Dealing With Temper Tantrums



What's Happening

Two- and three-year-olds have many skills, but controlling their tempers is not one of them. Tantrums are common at this age because toddlers are becoming independent and developing their own wants, needs, and ideas. However, they are not yet able to express their wants and feelings with words. Take comfort in the fact that most children outgrow tantrums by age 4.

What You Might Be Seeing

Normal toddlers:

- Love to say "no!" "mine!" and "do it myself!"
- Test rules over and over to see how parents will react
- Are not yet ready to share
- Need lots of fun activities, play times, and opportunities to explore the world
- Respond well to a routine for sleeping and eating (a regular schedule)
- Like to imitate grownups and to "help" mom and dad

What You Can Do

It is often easier to prevent tantrums than to deal with them once they get going. Try these tips:

- Direct your child's attention to something else. ("Wow, look at that fire engine!")
- Give your child a choice in small matters. ("Do you want to eat peas or carrots?")
- Stick to a daily routine that balances fun activities with enough rest and healthy food.
- Anticipate when your child will be disappointed. ("We are going to buy groceries for dinner. We won't be buying cookies, but you can help me pick out some fruit for later.")
- Praise your child when he or she shows self-control and expresses feelings with words.

If you cannot prevent the tantrum, here are some tips for dealing with it:

- Say what you expect from your child and have confidence that your child will behave.
- Remain calm. You are a role model for your child.
- Holding your child during a tantrum may help a younger child feel more secure and calm down quickly.
- Take your child to a quiet place where he or she can calm down safely. Speak softly or play soft music.
- Some children throw tantrums to seek attention. Try ignoring the tantrum, but pay attention to your child after he or she calms down.
- Resist overreacting to tantrums, and try to keep your sense of humor.

When your child is having a floor-thumping tantrum, the most important thing you can do is remain calm and wait it out. Do not let your child's behavior cause you to lose control, too.

This tip sheet was created with input from experts in national organizations that work to protect children and strengthen families. See website: www.childwelfare.gov/preventing.

Bonding With Your Baby



What's Happening

Attachment is a deep, lasting bond that develops between a caregiver and child during the baby's first few years of life. This attachment is critical to the growth of a baby's body and mind. Babies who have this bond and feel loved have a better chance to grow up to be adults who trust others and know how to return affection.

What You Might Be Seeing

Normal Babies:

- Have brief periods of sleep, crying or fussing, and quiet alertness many times each day.
- Often cry for long periods for no apparent reason
- Love to be held and cuddled
- Respond to and imitate facial expressions
- Love soothing voices and will respond with smiles and small noises
- Grow and develop every day; they learn new skills quickly and can outgrow difficult behavior in a matter of weeks

What You Can Do

No one knows your child like you do, so you are in the best position to recognize and fulfill your child's needs. Parents who give lots of loving care and attention to their babies help their babies develop a strong attachment. Affection energizes your child to grow, learn, connect with others, and enjoy life.

Here are some ways to promote bonding:

- Respond when your baby cries. Try to understand what he or she is saying to you. You can't "spoil" babies with too much attention – they need and benefit from a parent's loving care even when they seem inconsolable.
- Hold and touch your baby as much as possible. You can keep him close with baby slings, pouches, or backpacks (for older babies).
- Use feeding and diapering times to look into your baby's eyes, smile, and talk to your baby.
- Read, sing, and play peek-a-boo. Babies love to hear human voices and will try to imitate your voice and the sounds you make.
- As your baby gets a little older, try simple games and toys. Once your baby can sit up, plan on spending lots of time on the floor with toys, puzzles, and books.

The best gift you can give your baby is YOU. The love and attention you give your baby now will stay with him or her forever and will help your baby grow into a healthier and happier child and adult.

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Connecting With Your Teen



What's Happening

Many teens spend less time with their families than they did as younger children. As they become more independent and learn to think for themselves, relationships with friends become very important. Sometimes it may feel like your teen doesn't need you anymore. But teens still need their parents' love, support, and guidance.

What You Might Be Seeing

Normal Teens:

- Crave independence
- Question rules and authority
- Test limits
- Can be impulsive
- Make mature decisions at times and childish ones at others

What You Can Do

Simple, everyday activities can reinforce the connection between you and your teen. Make room in your schedule for special times when you can, but also take advantage of routine activities to show that you care.

Tips to Keep in Mind

- **Have family meals.** If it's impossible to do every night, schedule a regular weekly family dinner night that accommodates your child's schedule.
- **Share "ordinary" time.** Look for everyday opportunities to bond with your teen. Even times spent driving or walking the dog together offer chances for your teen to talk about what's on his or her mind.
- **Get involved, be involved, and stay involved.** Go to games and practices when you can. Ask about homework and school projects. Look for chances to learn about your teen's latest hobby.
- **Be interested.** Make it clear that you care about your teen's ideas, feelings, and experiences. If you listen to what he or she is saying, you'll get a better sense of the guidance and support needed. Get to know your teen's friends and their parents, too, when possible.
- **Set clear limits.** Teens still need your guidance, but you can involve your teen in setting rules and consequences. Make sure consequences are related to the behavior, and **be consistent** in following through. Choose your battles. Try to provide choices in the matters that are less important.

Your words and actions help your teen feel secure. Don't forget to say and show how much you love your teen!

This tip sheet was created with input from experts in national organizations that work to protect children and strengthen families. See website: www.childwelfare.gov/preventing.

7th Annual Foster Parent Conference



All Aboard!

Thursday, Friday, and Saturday,
June 9, 10, and 11, 2011

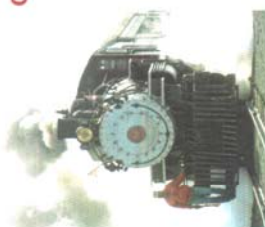
Location and Hotel Information:

Carlisle Inn, 1357 Old Route 39, Sugarcreek, Ohio 44681
Phone: 330.852.2586

Rooms are blocked at the Carlisle Inn in Sugarcreek until Monday, May 9, 2011, at which time they will be released. It is important that, when making your reservation, you reference **ECORTC**. The room rate is \$124.00 per night plus applicable taxes for either a standard room with two queen-size beds or one king-size bed. **Payment for overnight rooms and incidental charges are the sole responsibility of the foster parent.**

In accordance with Chapter 3794 of the Ohio Revised Code, smoking is prohibited in all interiors and exteriors of the hotel, including entrances, sidewalks, carport, balconies, and porches.

Visit the Carlisle Inn website at
www.carlisleinns.com for more information.



Conference Registration Deadline: Monday, May 23, 2011

Register through your licensing foster parent specialist. Please refer to instructions on the registration form portion of this brochure.

- Limited to 125 Participants -
No child care will be provided at the conference.

Questions???

If you have any questions, contact Darla Gorscak either by phone at 740.432.2355 or via e-mail at ecortc@yahoo.com.

East Central Ohio Regional Training Center

274 Highland Avenue, Suite 100

Cambridge, OH 43725

Phone: 740.432.2355

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E-mail: ecortc@yahoo.com

Website: www.ocwtp.net/ecortc.html



If you have any questions, contact Darla Gorscak at ECORTC. Phone: 740.432.2355

Registration Deadline: May 23, 2011 - Limited to 125 participants

Meals on your own.

IMPORTANT: No child care will be provided.

Saturday, June 11: Choose one of the following:

- 9:00 a.m. to 12:00 noon: Rebuilding Trust and Affectional Bonds: RAD - A. E. Smiley
- 1:00 p.m. to 4:00 p.m.: The Oppositional Child - A. E. Smiley
- 6:00 p.m. to 9:00 p.m.: The Dangerous Games Children Play - A. President

Friday, June 10:

- 9:00 a.m. to 4:00 p.m.: Understanding and Managing Anger - J. Shannon
- 6:00 p.m. to 9:00 p.m.: Sufficient Time to Regroup and Mend - A. E. Smiley

Please check the following sessions that you would like to attend. It is not necessary to attend all the sessions to participate in the conference.

Conference Registration - ECORTC - 7th Annual Foster Parent Conference
All Aboard! June 9, 10, and 11, 2011 - Carlisle Inn, Sugarcreek



The East Central Ohio Regional
Training Center presents...

All Aboard!

7th Annual Foster Parent Conference

Thursday, Friday, and Saturday,

June 9,
10, and 11,
2011



Three
days of
training!

Carlisle Inn - Sugarcreek

All Aboard!

7th Annual Foster Parent Conference

Agenda

Thursday, June 9

Registration

8:15 a.m. to 9:00 a.m.:
9:00 a.m. to 4:00 p.m.:
Understanding and Managing Anger
presented by Joseph Shannon, Ph.D.
(6.0 hrs.)

Registration

5:15 p.m. to 6:00 p.m.:
6:00 p.m. to 9:00 p.m.:
Sufficient Time to Regroup and Mend:
Preventing Disruption in Foster Care
Placement presented by A. Eugene
Smiley, D.Min., L.S.W., P.C.C. (3.0 hrs.)

Friday, June 10

Registration

8:15 a.m. to 9:00 a.m.:
9:00 a.m. to 12:00 noon:
Rebuilding Trust and Affectional
Bonds: A Look at Reactive Attachment
Disorder presented by A. Eugene
Smiley, D.Min., L.S.W., P.C.C.
(3.0 hrs.)

Registration

12:15 p.m. to 1:00 p.m.:
1:00 p.m. to 4:00 p.m.:
The Oppositional Child: A Look at
ADD, ADHD, Oppositional Defiance
Disorder, and Conduct Disorder
presented by A. Eugene Smiley,
D.Min., L.S.W., P.C.C. (3.0 hrs.)

Registration

5:15 p.m. to 6:00 p.m.:
6:00 p.m. to 9:00 p.m.:
The Dangerous Games Children Play
presented by Anthony President, B.A.
(3.0 hrs.)

Saturday, June 11

Choose one of the following:

Registration

8:15 a.m. to 9:00 a.m.:
9:00 a.m. to 4:00 p.m.:
Overcoming Trauma: The Recovery
Process from Childhood Sexual Abuse
presented by Bonnie Bazill-Davis, B.A.
(6.0 hrs.)

- OR -

Registration

8:15 a.m. to 9:00 a.m.:
9:00 a.m. to 4:00 p.m.:
Children's Art for Social Workers and
Foster Parents presented by
Michael Seiler, M.F.A. (6.0 hrs.)



About the Sessions

Thursday, June 9

9:00 a.m. to 4:00 p.m.: Understanding and Managing Anger presented by Joseph Shannon, Ph.D.
The lethal effects of anger go beyond physical injury and psychological scars. There are significant health risks for individuals who chronically suppress or express anger. This workshop describes practical strategies for preventing or reducing anger and aggression.

6:00 p.m. to 9:00 p.m.: Sufficient Time to Regroup and Mend: Preventing Disruption in Foster Care Placement presented by A. Eugene Smiley, D.Min., L.S.W.,

This session revisits the basic purposes of foster care placement, looks at the impact that loss of family and familiar surroundings has on the child in care, considers the most common reasons for disruption in placement, how disruption in placement complicates the child's process, explores what foster parents can do to assure a good "fit" prior to the child's placement in their home, and how to make placement successful—allowing sufficient time for the child/adolescent to regroup and mend.

Friday, June 10



9:00 a.m. to 12:00 noon: Rebuilding Trust and Affectional Bonds: A Look at Reactive Attachment Disorder presented by A. Eugene Smiley, D.Min., L.S.W., P.C.C.
Participants will understand how positive attachments are formed, how separation from primary caregivers impacts development, characteristics of RAD children, and practical techniques to rebuild trust and affectional bonds.

1:00 p.m. to 4:00 p.m.: The Oppositional Child: A Look at ADD, ADHD, Oppositional Disorder, and Conduct Disorder presented by A. Eugene Smiley, D.Min., L.S.W., P.C.C.
Participants will understand the characteristics and behaviors common to these childhood disorders; will understand the implications for the child and family relative to home, community, and school settings; will become more aware of intervention approaches and resources; and learn techniques to help with difficult behaviors associated with these disorders.

6:00 p.m. to 9:00 p.m.: The Dangerous Games Children Play presented by Anthony President, B.A.
The "Happy Slap," "Rainbow Party," and "Choking Game" all are seen as fun activities by today's youth. However, these are, in fact, all dangerous games that can have deadly consequences. These games involve either violence or sexual activity in the name of fun and fitting in. In this workshop, the nature of these games, the motivation to play with peers, and steps caregivers should take to keep children safe will be explored.



Saturday, June 11

Choice 1:

9:00 a.m. to 4:00 p.m.: Overcoming Trauma: The Recovery Process from Childhood Sexual Abuse presented by Bonnie Bazill-Davis, B.A.

The goal of this workshop is to help foster and adoptive parents better understand the potential long-term effects of childhood sexual abuse and the possibilities for recovery that can lead to healthy adult functioning. The stages of the personal recovery process will be reviewed while acknowledging the varying responses of childhood sexual abuse.

Choice 2:

9:00 a.m. to 4:00 p.m.: Children's Art for Social Workers and Foster Parents presented by Michael Seiler, M.F.A.
Visual art is a unique expression of who we are. In this session, the effects of visual art on learning and mental health will be explored. Participants will develop skills in understanding children's communication through art. Art journals will also be discussed. Participants will learn how to talk to children about their artwork. Art activities will be incorporated into this session to make it a creative learning experience.

About the Presenters

Bonnie Bazill-Davis, B.A.: Ms. Bazill-Davis is an award winning speaker dedicated to delivering life-saving messages about child abuse. Her personal triumph over childhood sexual abuse, combined with her clinical training, offers a powerful dual perspective of both a survivor and professional helper.

Anthony President, B.A.: Mr. President is President of Presidential Consultants, L.L.C., a consortium of training professionals. He is a staff instructor at Lakeland Community College and ATS Institute of Technology. He has served as a senior training officer and social service worker for Cuyahoga County.

Michael Seiler, M.F.A.: Mr. Seiler has been an educator for more than 30 years, working with both children and young adults. He has experience studying visual symbols in patients' artwork at Genesis Health Care's Psychiatric Unit.

Joseph Shannon, Ph.D.: Dr. Shannon has over 20 years of successful clinical experience as a psychologist, consultant, and trainer. He is an expert in understanding and treating personality disorders and has appeared on several television programs, including the CBS Morning Program and PBS Viewpoint. Dr. Shannon is recognized for innovative teaching methods, including the use of film excerpts to illuminate distinct personality disorders.

A. Eugene Smiley, D.Min., L.S.W., P.C.C.: Dr. Smiley is a Professional Clinical Counselor, social worker, family mediator, adoption assessor, parent educator, foster parent/adoption trainer, and a mental health clinician. He has provided counseling and educational services to families and individuals in child protection, and foster care/adoption venues for more than twenty years.



Pick one session for Saturday.



Annual NACAC Conference

37th Annual Conference

Denver, Colorado

August 4-6, 2011

Pre-Conference Session August 3

"As an adoptive parent and adoption professional, the conference was excellent, refreshing, and uplifting."

"I have 'filled my (empty) cup' and feel motivated once again to tackle the job of parenting my special needs child."

"I am so glad I finally attended the conference. I wish I had come years ago."

"I came with the expectation that I would obtain a wealth of knowledge related to adoption issues, and I was not disappointed! The days flew by!"

"This training conference was phenomenal. I'm so grateful to you and my agency for allowing me to come."

"I learned, I enjoyed, I am empowered."

—Former NACAC Conference Attendees

Location and Accommodations

The Mile High City of Denver, Colorado features amazing scenery and one of the most walkable downtown areas in the U.S. The city is home to a mile-long pedestrian promenade, an award-winning art museum, and numerous historic neighborhoods and districts. Within a short drive, you'll find the cities of Boulder and Golden, and the Rocky Mountains are a mere 70 miles from the city.

The conference will be held at the Denver Marriott Tech Center. Discounted guest rooms are available from August 2 to August 7, at \$139/night plus 14.85% tax.

To reserve a room online, Otherwise, call 800-266-9432. Availability extends until all rooms fill or until July 9, whichever is first, so please make reservations early. Tell the hotel operator you are attending the NACAC conference, and ask about the hotel's guarantee, deposit, and cancellation policies.

Keynote Speakers

Thursday's keynote speaker is **Bruce Perry, M.D., Ph.D.**, senior fellow of The Child Trauma Academy, a Houston-based nonprofit, and adjunct professor in the Department of Psychiatry and Behavioral Sciences at Northwestern University School of Medicine. For the last decade, Dr. Perry's clinical research has been focused on integrating concepts of developmental neuroscience and child development into clinical practices, which has resulted in the creation of innovative clinical practices and programs that benefit maltreated and traumatized children. This hopeful and informative session—"Bonding and Attachment in Maltreated Children"—will cover how trauma affects attachment and what parents can do to nurture their children and care for themselves.

Friday's general session will feature a panel of experts—with **Judge Karen Ashby, Dr. James Henry, and Diane Zambito**—who share their experiences of how child welfare and other systems can collaborate to ensure the best possible outcomes for adopted children who have special needs.

On Saturday, NACAC will present awards to deserving individuals and organizations. Attendees will then hear the inspirational story of **Michele Spielman**, mother to six older children who were adopted from foster care.

Workshops & Institutes

Each year, we incorporate new and exciting sessions into the comprehensive NACAC conference. This educational event covers almost every adoption-related topic imaginable—with more than 80 sessions about post-adoption services, therapeutic techniques, parenting children with challenges, recruitment and pre-adoption issues, international/infant adoption, public policy, and more. Many sessions are advanced, so even experienced parents and workers will benefit from them. Tentative sessions include:

- Advanced Parenting: Understanding Trauma and Activities That Heal
- Behavior Detectives: Helping Parents and Professionals to be Super Sleuths in Solving the Mystery of Children's Misbehavior
- Forming Adoptee and Adoptive Family Identity: Psychological and Communication Perspectives
- Building Coalitions for System Change
- The Role of Kinship Care in Child Welfare
- The Urgency to Recruit at Least One Permanent Parent for Every Emerging Adult in Foster Care
- Can Adoptees and Adoptive Parents Be Allies? The Pact Camp Model
- Trauma-Informed Adoption Practices: The Healing Power of Adoptive Families

The conference features nationally acclaimed speakers including Juli Alvarado, Maris Blechner, Terry Cross, Rick Delaney, Wayne Duehn, Denise Goodman, Gregory Keck, Ruth McRoy, Pat O'Brien, and John Raible.

Pre-Conference Session

On August 3, Dr. Bruce Perry will present an all-day pre-conference session—"The Impact of Trauma on the Developing Child." During the session, he will explore the impact of abuse, neglect, and chaos on children's brain development, and then explain how caregivers and professionals can understand and address behaviors, help children heal, and create a therapeutic web that surrounds the children.

Fees are \$100 per person (which is not included in the conference registration fee). Registrants who attend both the pre-conference session and the full conference receive discounted registration fees.

Other Conference Features

- NACAC offers a program for youth ages 6 to 17 with workshops and field trips. Space is limited, so register as soon as forms are available this spring.
- Tabletop exhibits will be available near the general sessions, workshops, and refreshment breaks. Advertising in conference publications is also available. Space is limited; contact us for an application.
- We offer, for a fee, continuing education units for the conference and pre-conference sessions.

Registration & Fees

Full registration fees include workshops, institutes, general sessions, Saturday's luncheon, handouts on CD, and membership for non-members. One-day fees will be offered. Parent couples can register together at a discount. The pre-conference session has a separate fee, but those who attend both the conference and the pre-conference session receive a discount.

Register by July 10 to receive discounted fees.

Full conference registration is:

NACAC members \$250 U.S./Cdn.

Non-members \$300 U.S./Cdn.

After July 10, fees increase by \$55.

In April, NACAC will publish a booklet with information about registration, workshops, the youth program, and more. To request one, send your name, address, and whether you want the booklet by mail or e-mail to info@nacac.org. The information will also be available on this web page.

North American Council on Adoptable Children (NACAC)

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Feedback



“Just In Time”
Parenting Newsletter
for parents of children
Ages birth to 5



<http://www.extension.org/parenting>