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**NEED HELP NAVIGATING
THE HOLIDAYS? CHECK
OUT OUR TIPS AND
STRATEGIES!**

MANAGING MELTDOWNS, TANTRUMS & RAGES

Based on "Strategies for Managing Your Child's Melt-Downs, Tantrums, and Rages," Creating a Family.

Children who have experienced trauma, loss, or early adversity often struggle with emotional regulation. Their meltdowns are usually a sign of overwhelm, not willful misbehavior. According to Creating a Family, the most effective support comes from building strong connection, providing predictable routines, and teaching calming skills outside of moments of crisis. With consistent support and a calm caregiver presence, children gradually learn to regulate and feel safer in their environment.

Why Meltdowns Happen

Children with trauma histories may have nervous systems that stay on high alert. When stress rises, logical thinking shuts down and big emotions take over. Outbursts often reflect dysregulation rather than defiance.

Build Connection First

Daily, intentional connection—shared laughter, one-on-one time, praise, and predictable interactions—strengthens trust and reduces the frequency and intensity of meltdowns.

Proactive Strategies

- Create a calming, comfortable space for your child to retreat to
- Keep routines simple and predictable to reduce overwhelm
- Teach coping tools ahead of time (deep breathing, grounding exercises, heavy-work activities)
- Monitor basic needs such as sleep, hunger, and sensory overload

During a Meltdown

Stay calm and speak softly. Keep words brief and reassuring. Your regulated presence helps your child return to safety.

After a Meltdown

Reconnect with warmth. Once everyone is calm, reflect on what happened and what might help next time.

Remember

Supporting a child with trauma-related challenges is demanding. Caregiver self-care is not optional—your emotional well-being strengthens your ability to show up with patience and consistency.

Assisted Care: *Did You Know...*

Assisted care provided during foster care is not the same as the assisted care available through the **post-adoption medical subsidy program**.

Most children who receive assisted care in foster care will **not** qualify for the same level of support after adoption, **unless** it is needed to prevent an out-of-home placement (for example, psychiatric hospitalization or residential care).

Accessing Assisted Care After Adoption

If a child may require medical-subsidy assisted care post-adoption to prevent an out-of-home placement, the family must have an **active Case Management (CM) service** through the **Post Adoption Resource Center (PARC)**.

Please note: assisted care is **not guaranteed**. Families are encouraged to contact PARC with any questions or to discuss potential eligibility.

Why Kids may Struggle with Behaviors During Holidays and What Parents can do About it

Holiday excitement, schedule changes, family gatherings, and sensory overload can make this season especially tough for children who have experienced trauma or loss. Creating a Family is offering a new trauma-informed online training, **"Why Our Kids Drive Us Crazy Over the Holidays,"** designed to help caregivers understand and better support their children during this time.

This course explains why holiday stress can trigger bigger emotions and challenging behaviors—and, more importantly, what parents can do to prevent overwhelm before it escalates. Participants will learn strategies for maintaining routines, setting predictable expectations, and helping kids regulate when emotions run high.

This is a great resource for adoptive, foster, and kinship families who want a calmer, more connected holiday season.

Learn more:

creatingafamilyed.org/courses/why-our-kids-drive-us-crazy-over-the-holidays



Build connections and
get support from others
who truly understand!

What are people saying about PARC?

"These people are my tribe. This support group has helped me get through so many things."

"My PARC worker helped to keep me from jumping off the ledge many times. I never felt judged, only supported."

"My experience was wonderful, our worker was a huge help to us. We truly appreciate all of the support!"

"Our PARC worker has been a true blessing to our family. Their kindred spirit helped me through a difficult time."

For a complete list of events and resources,
visit www.parc-judson.org/calendar

Region 5 Phone
734-794-2988

Region 6 Phone
810-732-8510

Counties Served:

Barry, Branch, Calhoun,
Eaton, Hillsdale,
Ingham, Jackson,
Kalamazoo, Lenawee,
Livingston, Monroe,
St. Joseph, Washtenaw

Counties Served:

Genesee, Huron,
Lapeer, Sanilac, St.
Clair, Tuscola

Mailing Address

3840 Packard Rd. Suite 170
Ann Arbor, MI



Information within this newsletter is provided by Post Adoption Resource Centers and Michigan Department of Health and Human Services

MONTHLY SUPPORT GROUPS

BETTER TOGETHER

First Monday of every month
6:30 - 8:30 p.m.

To register, contact:
parc_5@judsoncenter.org
or 734-794-2988

PARENTING TEENS

Third Wednesday of every month
12:00 - 1:00 p.m. on Zoom
*participants are welcome to
leave early, if needed*

To register, contact:
parc_5@judsoncenter.org
or 734-794-2988

ADOPTIVE FAMILY CONNECTIONS

First Thursday of every month
7:30 - 8:30 p.m.

To register, contact:
Somer_Vickery@judsoncenter.org
or (810) 577-4067

ADOPTIVE FAMILY CONNECTIONS: BETTER TOGETHER

Second Monday of every month
12:00 - 1:30 p.m.
in-person in Ann Arbor

To register, contact:
Somer_Vickery@judsoncenter.org
or (810) 577-4067