



PARC NEWSLETTER

FOR ADOPTIVE AND GUARDIANSHIP FAMILIES

Region 5

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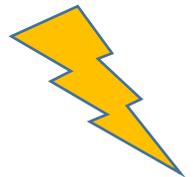
Are You Ready For Spring?

Here are some fun ideas to try with your family this spring,

- **Have a picnic:** Pack a lunch you can enjoy outside if weather permits. If you can't get outside, lay a blanket on the floor and enjoy an indoor picnic. It is a nice change from eating at the table.
- **Treasure hunt:** You can look for treasure anywhere. Find something to make the "treasure" and hide it somewhere. After that, create a map. A fun twist could be that the map is not whole. The kids have to hunt for the pieces to solve the final puzzle of the ultimate treasure.
- **Scavenger Hunt:** Use your imagination. Create a list or find one on line and start hunting. You can list items that are in the house, outside, or both.
- **Pine Cone Bird Treat:** Make your own bird feeder with a pinecone, bird seed and peanut butter (or Crisco). Cover the pinecone with the peanut butter or Crisco then roll it in the bird seed. Hang your feeder outside for the birds to enjoy.
- **Tour the town:** play tourist in your own town. Find places you have never been, Search the internet for ideas of what your town has to offer.
- **Garden:** Get your hands in the dirt. Prepare a space for a summer vegetable garden, make an indoor herb garden, plant bulbs, start seeds inside to plant when the weather gets warmer. See page 2 to learn about the therapeutic qualities of gardening



SAVE THE DATE



RECHARGE:

**A day of relaxing, learning,
and strengthening family
bonds featuring Kim
Seidel keynote.**

June 23th in Jackson



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In Association With



Therapeutic Gardening

As the days get longer you may be looking for ways to spend more time outside. Gardening is a great transformative experience for the whole family.

According to a 2015 article in Psychology today, gardening has the following 10 benefits:

- Looking after plants gives us a sense of responsibility.
- Allows us all to be nurturers.
- Keeps us connected to other living things.
- Helps us relax and let go.
- Working in nature releases happy hormones.
- Being amongst plants and flowers reminds us to live in the present moment.
- Gardening reminds us of the cycle of life, and thus come to terms with that most universal of anxieties: death.
- Some aspects of gardening allow us to vent anger and aggression.
- Sometimes it can allow us to feel in control.
- Gardening is easy.



From <https://www.psychologytoday.com/blog/worry-and-panic/201505/petal-power-why-is-gardening-so-good-our-mental-health>

THIS IS US

"This Is Us" follows the Pearson family, a Caucasian couple who in the 1980's gave birth to twins and adopted an "abandoned" African-American infant who had been placed in the nursery with their twins. The show goes back and forth in time from the present day to various time periods in the past, revealing and reflecting upon how the past experiences influence what is happening in the present.

Themes included are: adoptee loss and grief; post-adoption depression and attachment; the important challenges in transracial adoption around identity, racial socialization, and racism; birth parent loss and grief; sibling rivalry between birth and adopted siblings; the complexities of search and reunion; foster care; and more. Other significant topics included are addiction to alcohol, drug and food including issues about weight and body image; mental health challenges including crippling anxiety and depression; illness, death and dying; LGBT relationships; and career and artistic challenges. The show airs Tuesday nights at 9p.m on NBC.

QUOTE OF THE QUARTER: "OHANA MEANS FAMILY.

FAMILY MEANS NOBODY GETS LEFT BEHIND OR FORGOTTEN." —LILO AND STITCH



THE SEVEN “C”s OF RESILIENCE

Kenneth Ginsburg, M.D., MS Ed, FAAP, a pediatrician specializing in adolescent medicine at The Children’s Hospital of Philadelphia (CHOP), has identified seven “C”s of resilience.

Competence - Describes the feeling of knowing that you can handle a situation effectively. We can help the development of competence by:

- Helping children focus on individual strengths
- Focusing any identified mistakes on specific incidents
- Empowering children to make decisions

Confidence - A child’s belief in his own abilities is derived from competence. Build confidence by:

- Focusing on the best in each child so that he or she can see that as well
- Clearly expressing the best qualities, such as fairness, integrity, persistence, and kindness
- Praising honestly about specific achievements; not diffusing praise that may lack authenticity

Connection - Developing close ties to family and community creates a solid sense of security that helps lead to strong values and prevents alternative destructive paths to love and attention. You can help your child connect with others by:

- Building a sense of physical safety and emotional security within your home
- Allowing the expression of all emotions, so that kids will feel comfortable reaching out during difficult times
- Addressing conflict openly in the family to resolve problems

Character - Children need to develop a solid set of morals and values to determine right from wrong and to demonstrate a caring attitude toward others. To strengthen your child’s character, start by:

- Demonstrating how behaviors affect others
- Helping your child recognize himself or herself as a caring person
- Demonstrating the importance of community

Contribution - Understanding the importance of personal contribution can serve as a source of purpose and motivation. Teach your children how to contribute by:

- Communicating to children that many people in the world do not have what they need
- Stressing the importance of serving others by modeling generosity
- Creating opportunities for each child to contribute in some specific way

Coping - Learning to cope effectively with stress will help your child be better prepared to overcome life’s challenges. Positive coping lessons include:

- Guiding your child to develop positive and effective coping strategies
- Understanding that many risky behaviors are attempts to alleviate the stress and pain in kids’ daily lives
- Not condemning your child for negative behaviors and, potentially, increasing his or her sense of shame

Control - Children who realize that they can control the outcomes of their decisions are more likely to realize that they have the ability to bounce back. Your child’s understanding that he or she can make a difference further promotes competence and confidence. You can try to empower your child by:

- Helping your child to understand that life’s events are not purely random and that most things that happen are the result of another individual’s choices and actions
- Learning that discipline is about teaching, not punishing or controlling; using discipline to help your child to understand that his actions produce certain consequences



Region 5 Meetings, Support Groups, and Trainings!
Build connections with and get support from others who truly understand!

**Resource Family Support meeting in Richland
Childcare is provided**

When: Second Tuesday of the Month
Time: 9 – 11 p.m.
Location: Radiant Church 8157 East DE Ave.
Richland, MI 49083
RSVP to: Jennifer_Patrick@JudsonCenter.org or
by calling 269-993-9671

**Lunch at the PARC in Battle Creek
Bring your own brown bag lunch**

When: Second Thursday of each month
Time: Noon -1:00 p.m.
Location: Family Enrichment Center
415 28th Street South, Battle Creek, MI 49015
RSVP to Jennifer_Patrick@JudsonCenter.org
or by calling 269- 993-9671

**Fabulous Foster and Adoptive Families Group
PARC Youth Group and Childcare is provided**

When: First Monday of each month
Time: 6 - 8 p.m.
Location: 2\42 Community center 648 S. Wagner
Rd. Ann Arbor MI 48103
Group starts with a potluck; please bring a dish to
pass if you are able.
RSVP to Lynne_Havlik@judsoncenter.org or call
734-757-5086.



Online Calendar Link:
www.parc-judson.org/calendar

Contact Us

Please feel welcome to contact the PARC office in
your region, visit our website for information, or
connect with us via social media!



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