



FOSTERING FAMILY FOUNDATIONS

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The Adoption Shock: Are you sure this is how it's supposed to be?

Not everyone understands the dynamics and complexity of foster care, but when you think or talk about children in need the conversation often ends at adoption. There are so many children “waiting to be adopted” and so many of those you talk to seem to have an idea of what adoption is and what it means. But, do they?

Adoption is that moment when everything comes together, that happy picture of a child holding a sign about how long they have been in foster care and today they are adopted. It's smiling faces, happy celebrations and likely what this child has always been waiting for? Or has it? What about the child who continues to act out and, when you discuss adoption, their behaviors get worse? Why is it that after a child you adopted as an infant is now struggling with behaviors never seen before? Then there are those situations where you have been fostering a child (or children) for a length of time and the process of adoption is underway. Eventually the day comes and it becomes “final”. You have the option of a formal court hearing but really, has anything changed? A celebration to make it official might be fun but leading up to this event and even after the adoption is finalized, the child is still presenting with challenging behaviors. You might say “this is not what I expected it to be”.

Be encouraged that agencies are aware of the needs for adoptive families and resources are available! CFC offers a support group specific to those in the adoption process or for those who have adopted and want support from the team. The group meets the 4th Monday of every month from 6:30-8:30pm. Contact Korey Wheeler at 517-882-4000 x 133 for more information or to RSVP!

Check out these two articles of stories from other people and their adoption experience.:

[Adoption-Related Trauma and Moral Injury](#) | [Our Broken And Beautiful Adoption](#)

Family Summer Picnic!

The annual CFC foster family summer picnic will be **Thursday, August 18th** at Hawk Island from 4-6pm

Capital Area Interagency Coalition 2016 Foster/Adopt

PRIDE Training Schedule

Aug Meeting Location:

Wellspring Lutheran Services

Martin Luther Chapel
444 Abbot Rd
East Lansing, MI

RSVP to your CFC licensing worker to
register for these training sessions

Session	Date	Time
1-3	Wednesday, August 10	9am – 3pm (will break for lunch, not provided)
4-6	Wednesday, August 17	9am – 3pm (will break for lunch, not provided)
5-7	Wednesday, August 31	8am – 5pm (will break for lunch,

Resources for Helping Children

Here are a couple quick reference guides that you may find helpful:

- [HELPING YOUR CHILD AFTER A CRISIS](#)
- [HELPING CHILDREN THROUGH CONFLICT](#)
- [SELF-INJURY WARNING SIGNS](#)
- [CYBER-STALKING/CYBER-BULLYING SAFETY TIPS](#)



Tips for Building Learning Skills:

▪ Let them choose.

Give kids a chance to make simple choices, such as two choices on what to wear or what to eat for a snack.

▪ Help them finish what they start.

Children experience great satisfaction when they try and finish new things. Give them a bit of support when they need it, but be careful not to take over completely.

▪ Nurture creativity.

Encourage children to ask questions, try different ways of using materials, or offer them a wide range of new experiences.

▪ Don't rush activities.

Whether at home or in school, children need extended periods of time to really get involved in activities and to experience the "engagement" that is such an important foundation for learning.

▪ Provide encouragement.

All children start life eager to learn, but if adults are critical, that eagerness may disappear by the elementary grades.

Upcoming Event:

The annual **Foster Parent Training Conference** in Mason is coming up and will be held September 12th! Please RSVP to your licensing worker if you plan to attend!

New Foster Parent Orientation:

Do you know someone who might be interested in learning more about becoming a foster parent? Orientations are held every other Monday from 6:00-8:00pm at CFC. The next date of orientation is **Aug 22**. Contact Linda Rathbun at 517-882-4000 ext. 140 to RSVP.

Relatively Speaking...

MSU school of social work now offers caregiver trainings in your area and on the web! Michigan State University offers a support center for families like yours called the Kinship Care Resource Center. You can find out more information by calling 1-800-535-1218 or e-mailing kinship@msu.edu

Support Groups for You:

Foster Parent Support Group – 1st Thurs 6-8pm (free training credits!) RSVP to sue@childandfamily.org or at ext. 141

Adoptive Parent Support Group – 4th Monday 6:30-8:30 (free call ahead childcare) RSVP to koreywheeler@childandfamily.org ext. 133