



# Post Adoption Press

*Volume Thirty*

*JULY-AUGUST 2008*

## **How to Talk to Kids About Adoption**

**By Bonnie Romanow**

Lots of adults talk to children about adoption: parents, teachers, doctors, friends, and family members. Children take their cues from adults, so it's important to be aware of how we respond to questions and start discussions.

1. Be truthful. If children sense you're hiding something, they could infer that there's something "bad" about adoption, and perhaps about them as well.
2. Be positive. Make an effort to find something positive to say about people and experiences.
3. Use words and concepts that are age appropriate.
4. Don't answer more than is asked. Resist the urge to answer with everything you know or with answers to questions that you think should be answered.
5. If a question is asked casually, try to answer equally casually. If, however, you hear a tone of anxiety, take the time to give the question the attention it deserves.
6. Use positive adoption language. Kids will pick up immediately on language that may show adoptees, adoptive parents, or birth parents in an unkind light.
7. Don't wait for questions. Kids may not know how to put their questions into words.
8. Make sure children know you are open to discussion and questions at any time and you should occasionally ask (keep it casual) if there's something they want to know.
9. Always include love in your answers and comments.
10. Keep a sense of humor. It's all right to laugh and enjoy discussions about adoption.

### **Tips:**

- If you are not comfortable answering children's questions or talking to them about adoption, read books on the subject, and ask for help from support groups, therapists and others who have experience.
- Openness and honesty between parents and their children builds trust and a feeling of security.

# What's Happening at Parents Place

## SUPPORT AND SOCIALIZATION GROUPS COMING THIS FALL

Beginning in September, Post Adoption Services @ Parents Place will begin a number of groups for children and parents. We will be introducing a new group for five to eight year-olds; *Enhancing Social Skills for Early Elementary School Aged Children*. This ten session play group will be facilitated by Amy McIntyre, MA and held in our playroom. A concurrent support group for parents will be facilitated by Liz Jimenez, MSW. Please call now to register for this class. Space is limited to six children.

We will also be offering an opportunity for teens (14-17) and tweens (10-13) to socialize and discuss issues related to adoption with their peers in semi-monthly groups. Concurrent parent support groups will also be offered. Dates and times will be announced in the next newsletter, but feel free to pre-register now.

Our GLBT Support Group will resume meeting monthly in September, following an August planning dinner (see details below).

Our Socialization Playgroup for 3-5 year-olds will begin in January.

### New Library Additions

(come and check them out!)

*Beyond Consequences, Logic and Control: A Love-Based Approach to Helping Children with Severe Behaviors* by Heather Forbes, LCSW and B. Bryan Post, PhD, LCSW. This book offers an innovative perspective on why children exhibit these difficult behaviors as well as practical, concrete suggestions for dealing with them. Chapters on lying, stealing, hoarding, aggression, defiance and other behaviors.

*Effective Strategies for Severe Behaviors in Foster and Adopted Children (DVD)* with B. Bryan Post, PhD, LCSW and Gizane Indart, PsyD, LPC. A follow up to the Beyond Consequences Book.

## AUGUST

### GLBT ADOPTIVE FAMILIES DINNER

For Gay and Lesbian Parents  
and their Adopted Children

- \* Planning for upcoming support group
- \* Bring your ideas and suggestion
- \* Family Dinner followed by meeting for parents while children enjoy the playroom

with Liz Jimenez, MSW  
*Post Adoption Services Coordinator*

**Wednesday August 6, 2008**  
**6 – 8 pm**

**Dinner & Childcare Provided**  
RSVP required 707-303-1509

## SEPTEMBER

### WORKSHOP FOR PARENTS

### ***Schools & Adoption A-Z***

- \* Choosing the right school for your child
- \* Dealing with teachers and staff
- \* Curriculum related issues
- \* When and how to advocate for your child

with Beth Hall  
*Director of Pact, An Adoption Alliance*

**Saturday September 27, 2008**  
**9 am - 1 pm**  
**Breakfast & Childcare Provided**  
RSVP required 707-303-1509

## Community News and Events

SONOMA PARADISO FOUNDATION

Presents

The Animated Orchestra  
Peanuts Gallery and Comic Classics

Performed by the  
*Santa Rosa Symphony*  
with the  
San Francisco Pickle Family Circus

Tuesday July 22, 2008  
1-2 pm  
Wells Fargo Center for the Arts

Tickets generously donated by the foundation  
Please call to request tickets now (707) 303-1509

### Families with Children from Asia

FCA provides a network of  
support for adoptive families.  
We strive to build community,  
celebrate our families, and  
honor our children's heritage  
through cultural and social programs.



[www.FCAsoCo.org](http://www.FCAsoCo.org)  
Sonoma County Chapter

*Post Adoption Services Annual Family Picnic was a huge success!!!!  
(100 + adoptive family members attended )*

Thank you to the following organizations who generously donated raffle prizes:

*Cinemas West Double Decker Lanes Powell's Sweet Shoppe*

Please consider supporting these organizations, as they have supported us!

## Classes/Groups/Workshops scheduled for Summer/ Fall 2008

**Lifebooks** A Lifebook organizes important personal information helping adopted children connect with their unfolding biography. With Barbara Joy, B.A.

**Introduction to Lifebooks** Thursday September 4, 6-8 p.m.

**Creating Lifebooks** Thursdays 9:30 a.m. to 12 noon, 7/10; 8/14; 9/11; 10/16. **Childcare provided.**

**Enhancing Social Skills for Early Elementary School Aged Children** 5 to 8 years old. Help your child practice and improve social skills through play. With Amy McIntyre, MA. Concurrent support group for parents with Liz Jimenez, MSW. Thursdays 3:30 – 4:45 p.m. beginning in September. Please call to pre-register. Space is limited.

**Teen and Tween Socialization/Support Groups** Semi-monthly groups just for teens and ‘tweens (separate groups for each) to meet and interact with other adopted kids and have a safe place to talk. Concurrent parent support groups. Beginning in September. Please call to pre-register. Space in limited.

**Support Group for GLBT Parents with Adopted Children** New group forming! Monthly group will offer the opportunity to meet other families from your community for support and socialization. First Wednesdays of each month, beginning in September. Please come to the planning dinner August 6 (see page 2). **Childcare provided.**

**Schools and Adoption A-Z** Save the date (September 27) for this half-day workshop for parents presented by adoption expert Beth Hall of Pact, An Adoption Alliance. 9 a.m. to 1 p.m. **Childcare provided.**

**True Colors: Parenting Across Racial Lines** Save the date (December 13) for this half-day workshop for parents brought to us by Pact, An Adoption Alliance. 9 a.m. to 1 p.m. **Childcare provided.**

*Please call Post Adoption Services Coordinator Liz Jimenez, MSW @ 707-303-1509*

**ALL EVENTS ARE FREE / PRE REGISTRATION REQUIRED FOR ALL EVENTS**

Post Adoption Services at Parents Place  
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