



Post Adoption Press

Serving families formed by adoption in Sonoma,
Lake, Mendocino and Napa Counties

Volume Thirty-four

March April 2009

THE TEN COMMANDMENTS OF PARENTING

Ricky Greenwald, PsyD

1. **Set a good example.**

Your child looks up to you and tries to be like you. It's fine to tell your child to be respectful, truthful, helpful, and kind. But it won't count unless you act that way, too.

2. **Give energy and attention to goodness.**

What you feed, grows. Look for chances to reward positive behavior with your attention. Look for chances to give your attention when no negative behavior is happening.

3. **Don't give energy and attention to badness.**

What you feed, grows. Kids want any attention, good or bad. If you argue or yell at your child, he will learn to misbehave more to get your attention. Instead, simply give the child a short time out where no attention is available. When he is quiet again for a few minutes, then you can give him attention for behaving well.

4. **Keep your promises.**

Your child counts on you to feel loved and secure. When you don't come through on a promise, she may feel insecure, and believe that you don't care about her. Promises are just as important whether it's for a "goodie" or for something the child doesn't even want, like a time out.

5. **Only make promises you can keep.**

Don't promise things you only wish could happen - it only hurts worse when it can't. Also, avoid making big threats or punishments - these are promises, too. Later, you may realize that you were wrong, and take it back. Stick with promises that you can keep.

6. **Use consequences, not punishments.**

A consequence is something that is naturally caused by a behavior. For example, if you are obnoxious or threatening, you can't be around people for a little while. If you make a mess, you clean it up. If you don't finish your homework, you can't watch TV. If you leave my tool outside, I won't want to lend it to you next time you ask. Children learn how to behave better from having natural consequences.

A punishment is something that is given by an angry adult for revenge. For example, if you do that one more time, you can't go to the park tomorrow. Punishments - including spankings - are for children to suffer. Children also learn from punishments: they learn to be sneaky and hateful.

(continued on back page)

What's Happening at Parents Place

2009 SUPPORT AND SOCIALIZATION GROUPS !

GLBT Parent Support Group meets on the **1st Wednesday** of each month from **6:00 to 7:30 pm**. Childcare provided free and dinner for a small fee. Facilitated by Liz Jimenez, MSW.

Parent Support Group meets on the **3rd Wednesday** of each month from **6:00 to 7:30 pm**. This monthly support group is open to all adopted parents and offers childcare free of charge and dinner for a small fee. Facilitated by Liz Jimenez, MSW.

Socialization Playgroup for Preschoolers (3-5) **Thursdays 3:30-4:45 beginning February 5**. This group helps adopted preschoolers to strengthen social skills, build positive relationships, and learn to handle conflict and frustration. Facilitated by Amy McIntyre, MA with concurrent parent support group facilitated by Liz Jimenez, MSW. 1 space left!

Lifebooks and Intro to Lifebooks Intro **Thursday March 5 9:30 to 11:00 am**. Monthly class **Thursdays 9:30 am to Noon: 3/12; 4/16; 5/14; 6/11**.

RSVP required for all events. To register or for more information call Liz Jimenez 707/303-1509

New Library Additions: Check 'em out

Connection Parenting: Parenting Through Connection Instead of Coercion, Through Love instead of Fear, by Pam Leo. "Here is a concise, simple, eminently readable and instructive summary of the knowledge Pam has gained through these years of devoted service." (Joseph Chilton Pearce). This book is based on the parenting series Pam Leo has taught for nearly 20 years. Pam's premise is that every child's greatest emotional need is to have a strong emotional bond with at least one adult.

Queen Bees and Wannabes: Helping Your Daughter Survive Cliques, Gossip, Boyfriends and Other Realities of Adolescence by Rosalind Wiseman. "Do you feel as though your adolescent daughter exists in a different world, speaking a different language and living by different laws? She does. This groundbreaking book takes you inside the secret world of girls' friendships, translating and decoding them, so parents can better understand and help their daughters navigate through these crucial years." (book jacket).

WORKSHOP FOR PARENTS *Talking About Adoption:*

Facilitated by Bonnie Romanow
Saturday March 28, 2009
10 am to 1 pm

Mendocino College
1000 Hensley Creek Rd. Rm 1060
Ukiah

- *Develop a sense of ease w/ the adoption story
- *Recognize the importance of self-awareness
- *How to keep the lines of communication open

RSVP 707-468-3168

Offered In Conjunction with :
**MENDOCINO COUNTY
FOSTER AND KINSHIP CARE EDUCATION PROGRAM**

Socialization Playgroup For Preschoolers (3-5)



Thursdays 3:30 to 4:45
February 5 to May 7
(no group on April 9)

Facilitated by Amy McIntyre, MA
With concurrent parent support group facilitated
by Liz Jimenez MSW

Rsvp required (only 1 space left!)

Community News and Events

The University of Maryland Department of Family Sciences and The Center for Adoption Support and Education are working together to facilitate this important national study of transracial adoptive families. Be part of cutting-edge research to help families like yours!



Do you ever wonder...

How can I help my teen cope with racial discrimination?

What is the most effective way to parent a teen that is a different race than me?

When it comes to my minority race child's self-concept, does living in a diverse community make a difference?

Focus of the Study

The specific focus of this study is to examine the impact of family characteristics on the overall adjustment, self-esteem and racial identity of racial minority youth adopted by Caucasian parents.

Who can participate?

If you are a white adoptive parent of at least one racial minority child who was placed or adopted by the age of 4 and who is now between the ages of 14-18 please call or e-mail today.

What will I have to do?

Both parent and child will be asked to complete a completely confidential 20-minute survey.

Call 301-405-4011
lleslie@umd.edu

Sebastopol Area Transracial Adoption Playgroup.

Ongoing play group
For children ages 0-5
1st and 3rd Thursday of each month
4:00-5:00 PM
Kidspot in Sebastopol.

Are you a family formed through transracial adoption and living in the Sebastopol area? Please contact Sarah Abbot at sarahandnickabbott@gmail.com or Kristy Boblitt at kristy@boblitt.com for more information.

(Anyone interested in attending or starting a playgroup for families formed through domestic adoption that have infants or toddlers, please contact Kristy Boblitt at (707) 696-7367.)

SAVE

THE

DATE

POST ADOPTION SERVICES

ANNUAL FAMILY PICNIC

SUNDAY MAY 17, 2009

Noon to 3 pm

Galvin Park in Santa Rosa



Mark your calendars now for this fun filled day to meet old friends, make new friends, and enjoy lunch and fun activities for the entire family.

7. Stay in control.

Everyone gets mad. The trick is to catch yourself when you're just starting to get upset or frustrated. Then you can take care of the situation quickly, before it gets out of hand - maybe by giving a time out, finding some goodness to give attention to, or taking a time out for yourself. Parents make most of their mistakes when they are mad: they yell, they argue, they give attention to badness, and they give punishment-which might also turn out to be broken promises. If you can't catch yourself before you lose control, get help and learn how. It's worth it.

8. Include your child.

Children naturally want to help out and be included. For example, even a very young child can "help" you wash dishes by stirring the dishwasher with a spoon. If you take the time to include the child and to make chores fun, he will learn to be helpful and to feel good about himself.

9. Make your child feel special.

Avoid comparing children to each other or trying to give each child exactly the same thing all the time. That just fosters insecurity and sibling rivalry. Children don't need "equal" treatment; they need to feel special. Find ways of appreciating each child for her own qualities. You can show this with special privileges, small gifts, attention, or activities.

10. Take care of yourself.

Obvious, but important anyway. Parents need nutritious food, enough sleep, exercise, friends, enjoyment, a little time off for themselves... Raising kids is a big challenge. If you're in good shape yourself, you'll have a better chance of being the kind of parent you want to be.

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Post Adoption Services @ Parents Place (PAS) offers a variety of services for families formed by adoption. From one-to-one crisis intervention and counseling to support groups for children and parents, we have something to support you and your children. We also provide parent and professional trainings on a variety of topics throughout the year to help build skills and knowledge regarding adoption related issues. Our goal is to be here as a resource for you and your family. We have a free lending library filled with informative books on a variety of parenting, adoption and attachment issues. Our staff and clinicians are knowledgeable and caring. Parenthood and adoption can be both a joy and a challenge. PAS Coordinator Liz Jimenez, MSW can be reached at 707/303-1509

Post Adoption Services are funded through a grant from California State Department of Social Services

Post Adoption Services at Parents Place
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