

Repairing Relationships with a Time-In

(This is a guideline. It is, of course, harder than this page makes it sound.)

I'm Upset and My Child is Upset

When necessary, I start with a "Time-Out"* (for me, for my child, or for both of us) until:

- I know that I am bigger, stronger, wiser, and kind, and
- I remind myself that no matter how I feel, my child needs me.

* A "Time-Out" can be helpful as a first step, but not as a punishment.

I'm Calm (enough) and My Child is Upset

We can build a safe "repair routine" together (remember: the first 1,000 times are the hardest!).

- I take charge so my child is not too out of control.
- We can change location. Go to a neutral place that is our "Time-in" spot, where we sit together and let feelings begin to change.
- I maintain a calm tone of voice (firm, reassuring, and kind).
- We can do something different (for several minutes): read, or look out the window, or attend to a chore together.
- I help my child bring words to her/his feelings. ("It looks like this is hard for you." "Are you mad/sad/afraid?")
- I talk about my feelings about what just happened. ("When you did that, I felt...")
- I stay with my child until s/he is calm enough. (It may take a while for a child to calm down from overwhelming and unorganized feelings. Rule of thumb: Stay in charge and stay sympathetic.)

I'm Calm (enough) and My Child is Calm (enough)

I use the following to support our repair and to make repair easier in the future:

- I help my child use words for the needs and feelings that s/he is struggling with by listening and talking together. (Remember KISS—Keep It Short And Sweet)
- I help my child take responsibility for her/his part and I can take responsibility for my part. (Rule of thumb: No blaming allowed.)
- We talk about new ways of dealing with the problem in the future. (Even for very young children, talking out loud about new options will establish a pattern and a feeling that can be repeated through the years.)

Bottom line: *It's the relationship (and only the relationship) that will build my child's capacity to organize her/his feelings. My child's problem may look like something that is being done on purpose. But at its root, it's an issue of needing to reconnect and learning to handle difficult feelings in a safe and secure way. By taking an "I can/we can" perspective ("Together, we're going to figure out what you need") my child will realize that I'm in charge as someone who is bigger, stronger, wiser, and kind. This will reassure her/him, feelings will settle and organize, and the relationship will have been repaired.*

What's Happening at Parents Place

SUNDAY MAY 18, 2008

Post Adoption Services

Annual Family Picnic

Noon to 3:00 pm

Burgers, Dogs & The Works / Fun & Games

RINCON VALLEY COMMUNITY PARK

5108 Badger Road, Santa Rosa

rsvp 303-1509

Post-Adoption Services

We offer a variety of services for families and children of all ages shaped by adoption. From one-on-one crisis intervention and counseling, to support groups for children and parents, we have something to support you and your children. Please call and introduce yourself to the **New PAS Coordinator**, Liz Jimenez, MSW @303-1509. Feel free to offer suggestions, express needs and ask about upcoming events.

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. Look for details in upcoming newsletters and mailings.

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 challenge. Our services are available to you, **free of charge**, thanks to a grant from the California Department of Social Services. **Check us out on the web at www.ParentsPlaceOnline.org**
If you wish to be removed from our mailing list please send an email to lizj@jfcfs.org

MAY

WORKSHOP FOR PARENTS

Recognizing Signs of Drug and Alcohol Use and Abuse in Your Child

- * Relationship Building
- * Warning Signs
- * Consequences/Joint problem solving
- * Co-dependency

With Lynne Burke, MA, RAS

Wednesday May 14, 2008

6 –8 pm

Pizza and Childcare Provided

RSVP required 707-303-1509

JUNE

WORKSHOP FOR PARENTS

How to Talk to Kids About Adoption

- * Develop a sense of ease w/ the adoption story
- * Importance of Self-Awareness
- * Once is not enough
- * Keeping the lines of communication open

With Bonnie Romanow

Thursday June 19, 2008

6-8 pm

Pizza and Childcare Provided

RSVP required 707-303-1509

Community News and Events



DeBolt Scholarship

Adopt a Special Kid
will award \$2000 in recognition of the value their founders place on learning and independence.

Eligible youth:

- *California residents
- *Who were adopted in CA from foster care
- *Have confirmation of acceptance from an accredited US 2 or 4 year college, university or trade school/ vocational school
- *Are a maximum of age 25

Download 2008 Application from www.aask.org or call (510) 553-1748 ext. 10

Deadline to apply is June 1, 2008

Spectrum LGBT Center presents . . .
20th Annual
Family Camp
July 11-13 2008
Glen Ellen, CA

“Unique weekend experience for lesbian, gay, bisexual and transgender parents and their children in a safe welcoming environment”

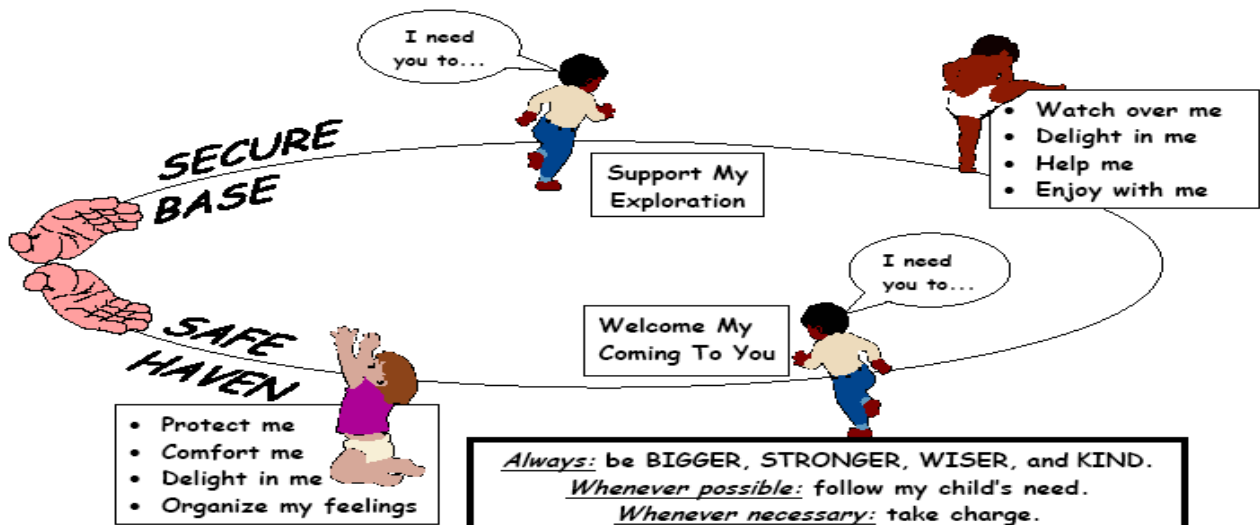
Contact Ken Goodman at (415)457-1115 x226 or camp@spectrumLGBTcenter.org

SUMMER SPORTS CAMPS
SONOMA STATE UNIVERSITY
BASKETBALL
VOLLEYBALL
TENNIS
SOCCER
Boys and Girls Ages 4-17
www.sonoma.edu/athletics

City of Santa Rosa
SUMMER CAMP 2008
KIDSCIENCE DAY CAMP
THEATER CAMPS
ART CAMP
VIDEO CAMP
Registration begins May 1, 2008
www.santarosarec.com

CIRCLE OF SECURITY

PARENT ATTENDING TO THE CHILD'S NEEDS



Classes/Groups/Workshops scheduled for Spring and Summer 2008

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

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

Creating Lifebooks Thursdays 9:30 a.m. to 12 noon, 5/15; 6/12; 7/10; 8/7 ;9/11. **Childcare Provided**

Recognizing Signs of Drug and Alcohol Use and Abuse in Your Child with Lynn Burke, MA, Registered Addiction Specialist. Wednesday May 14, 6-8 p.m. **Childcare and Pizza Provided.** FREE

How to Talk to Kids About Adoption with Bonnie Romanow, Parent Educator. Thursday June 19, 6-8 p.m. **Childcare and Pizza Provided.** FREE

Support Group for LGBT Parents with Adopted Children New group forming soon! Monthly group will offer the opportunity to meet other families from your community for support and socialization. **Please call with suggestions or ideas. Childcare Provided.** FREE

Single Parents Support Group with Claire Beery, MA. 1st Wednesdays, 6:30-8:00 p.m. \$20 per session. **Childcare offered.** Fee waiver for Post Adoption Services families; pre-registration required.

Parents of Children with Sensory Processing Challenges with Heather Lawton, MA
4th Thursdays, 6:30-8 p.m. \$20 per session. Fee waiver for Post Adoption Services families; pre-registration required.

Please call Post Adoption Coordinator Liz Jimenez, MSW @ 707-303-1509 to register for ALL events

Post Adoption Services at Parents Place
1360 North Dutton Ave. Suite C
Santa Rosa, CA 95401

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

WE WANT YOU!!!

Please help us plan for the upcoming year by completing the enclosed survey and returning to our office by MAY 30, 2008