



# Post Adoption Press

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

Volume Forty-four

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## Parenting with Wit and Wisdom

Barbara Coloroso

• **Parenting children to think and act ethically** is three fold:

Giving them ways to care deeply, share generously, help willingly.

Curb their inclination to hoard or harm.

Stop in its tracks anything that fuels hatred.

• An ethic rooted in deep caring is primarily about relationships.

Principles, virtues and values are in the service to and at the service of that caring.

• The story about our human nature in today's social and cultural climate is part and parcel of our human nature and our social and cultural climate.

• Holding children accountable for what they do that causes harm, what they fail to do to care, and for what they turn a blind eye to says we care deeply about them. It also says that we believe they are capable of acting with integrity, civility, and compassion. That will require resolve on our part and discipline on theirs.

• **Discipline and Punishment—Why one works and the other only appears to work:**

**Punishment** is adult oriented, imposes power from without, arouses anger and resentment, invites more conflict, exacerbates wounds rather than heals them; is preoccupied with blame and pain; does not consider reasons or look for solutions; does something to a child; involves a strong element of judgment; and demonstrates a parent's ability to control a child.

**Discipline** is not judgmental, arbitrary, confusing, or coercive. It is not something we do to children. It is working with them. It is a process that gives life to a child's learning. It is restorative, and invites reconciliation. Its goal is to instruct, guide, and help children develop self-discipline—an ordering of the self from the inside, not an imposition from the outside.

• The process of discipline does four things the act of punishment cannot do:

1. Shows children what they have done.

2. Gives them as much ownership of the problem that they can handle.

3. Gives them options for solving the problem.

4. Leaves their dignity intact.

• For mistakes, mischief, and mayhem that unintentionally or intentionally create serious problems of great consequence, the **Three R's**—restitution, resolution, and reconciliation—are incorporated into the four steps of discipline.

• **R.S.V.P.** --Consequences need to be Reasonable, Simple, Valuable, and Practical.

## What's Happening at Parents Place

### SPRING 2011 Calendar

**Petaluma Parent Support Group:** First Tuesday of each month, 5:45-7:45 pm, at B'nai Israel Jewish Center

**First Fridays for Teens:** monthly social activities for teens, 6:00-8:00 pm

**Socialization Group for Preschoolers (3-5):** Monday mornings, 9:30-11:00 am, beginning 1/24 (w/parent support grp.)

**Socialization Group for Young Children (6-9):** Thursday afternoons 3:30-5:00 pm, beginning 1/27

**Santa Rosa Parent Support Group:** Third Wednesday of each month, 5:45-7:45 (Free childcare)

**Introduction to Lifebooks:** Thursday January 13, 9:30-11:00 am

**Creating Lifebooks for Your Child:** Monthly Thursday morning group meets 1/20; 3/10; 4/14; 5/19; 6/9, 9:30-11:30 am

**Creating Lifebooks for Your Child:** Evening group now forming, call if interested. The group will meet for 10 sessions, Monday evenings from January through May. Parents must commit to attend all sessions, as this will not be a drop-in.

**Please call Liz Jimenez (303-1509) for more information or to sign up!  
all events at Parents Place, 1360 N. Dutton Ave #C (unless noted)**

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

**Did you know . . . . .**



### Adoption Tax Credit Is Now Refundable

The health care reform bill made the federal adoption tax credit refundable as of 2010—meaning adoptive families can benefit from the credit even if they do not have tax liability. This change makes the credit much more accessible to lower and moderate income families. **The IRS has released guidance stating that adoption tax credit amounts carried forward from previous years are also refundable, so even parents who adopted as long ago as 2005 can benefit from the new law.** If parents claimed the credit on their tax return for adoptions from 2005 to 2009 and have been carrying it forward on each return, with their 2010 taxes they can be paid for any remaining amount of the credit that they have not yet received. Parents who didn't file for the credit originally will need to amend past tax returns. (Look for more information on NACAC web site soon)

## Community News and Events



Parents Place Presents Parenting Expert and  
Best-Selling Author

### Barbara Coloroso

“Parenting with Wit & Wisdom:  
Practical Advice for Raising Self-Disciplined  
and Compassionate Children”

Prepare for an evening packed with practical advice on how to use the stuff of everyday family life—chores, mealtime, sibling rivalry, toilet learning, bedtime, allowances, and more—to help children become self-disciplined and responsible and develop integrity and compassion. Coloroso will address ways to raise children who will neither bully nor be bullied and who can act in their own best interest, standing up for themselves and exercising their own rights while respecting the rights and legitimate needs of others.

**Thursday February 10th, 2011**

**6:30 – 8:30 pm**

Glaser Center, 547 Mendocino Ave. Santa Rosa

**40 FREE Tickets for PAS Families**

call Anita at 571-2048

Con't from page one . . .

- **Six Critical Life Messages**

I believe in you

I trust you

I know you can handle it

You are listened to

You are cared for

You are very important to me.

- **Philosophical Tenets**

Kids are worth it.

I won't treat them in a way I would not want to be treated.

If it works and leaves both of our dignity intact, do it.

- **Three Alternatives to NO**

Yes, later.

Give me a minute.

Convince me.

- **Alternatives to Abundant Praise, Tangible Goodies, and our Presence as a Present:**

Encouragement

Feedback (compliments, comments, constructive criticism)

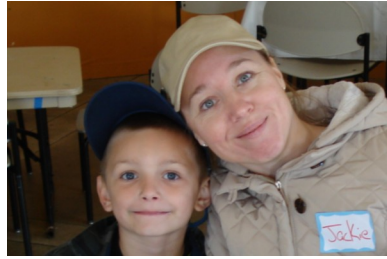
Deep caring (compassion and loving kindness)

Discipline



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**NATIONAL ADOPTION DAY at THE BAY AREA DISCOVERY MUSEUM**



**Read *The Post Adoption Press* online at [www.parentsplaceonline.org](http://www.parentsplaceonline.org)  
switch to email delivery by sending your request to [anita@jfcs.org](mailto:anita@jfcs.org)**

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