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NJ•ARCH Features:

- Chat Rooms
- Lending Library
- Warm Line
- Resource Directory
- Training Workshops
- Support Group Advocacy
- Upcoming Events
- Speakers Bureau



www.cafsnj.org

ADOPTION IN THE SCHOOLS: A LOT TO LEARN



Learning is the "work" of childhood. For very young children, learning comes primarily through play and, as they enter school, classroom learning takes up the better part of their days. It is the primary arena in which children's performance is judged in relation to peers, and they experience pressure to perform. Likewise, there is pressure on parents to facilitate children's adjustment at school. When children have difficulty fitting in at school or measuring up to expectations, many areas in their lives are affected. Even when children perform well, their school experiences play a major role in shaping

key aspects of adjustment, including:

- 1- the children's self concept
- 2- the peer group experience
- 3- their ability to have educational needs met in order to learn successfully and
- 4- the parent-child relationship, including parents' views of their children, the stress they experience in parenting, and their feelings of competence as parents.

In addition to these general influences experienced by all children, adopted children's interactions at school, with both teachers and their classmates, provide important messages regarding adoption that help to shape their identity as adopted

persons. The Evan B. Donaldson Institute, along with the Center for Adoption Support and Education (CASE), has written a white paper explaining the importance of teachers and schools working sensitivity with families and children with adoption-related issues.

For a summary of the detailed report entitled: *ADOPTION IN THE SCHOOLS: A LOT TO LEARN: Promoting Equality and Fairness for all Children and Their Families* log onto : www.adoptioninstitute.org/policy/2006_09_adoption_in_the_schools.php or contact NJ ARCH for a copy.

HELP PREPARE FOR SCHOOL

In preparation for the upcoming school year, visit USA.gov "Back to School" page for resources to help you with:

- Keeping track of required immunizations
- Seeing if your child qualifies for Low Cost Meals

- Finding affordable health insurance
- Re-using and recycling school supplies
- Preparing healthy meals
- Promoting physical activity.

Also included on this "Back to School" page are health and

safety resources, free publications and other information to help you and your child through the year. For details Log onto: www.usa.gov/Topics/Back-to-School.shtml
Happy Fall!

DID YOU KNOW?

**FOR INFORMATION ON
PROPER CAR SEATS FOR
YOUR CHILD, LOG ONTO:**

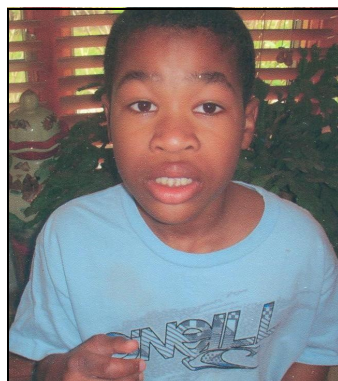


**WWW.HEALTHYCHILDREN.
ORG/ENGLISH/SAFETY-
PREVENTION/ON-THE-GO/
PAGES/CAR-SAFETY-SEATS-
INFORMATION-FOR-
FAMILIES.ASPX**



**JOE COLLINS SURROUNDED BY
FRIENDS IN GUATEMALA**

DIVISION OF CHILD PROTECTION AND PERMANENCY (DCP&P) WAITING CHILD



Kyle: DOB, August 1998

Kyle is an easy going and a kind boy. He enjoys playing with toys that have music and lights on them. Music helps Kyle to maintain his focus and can be very soothing for him. He loves to watch Sponge Bob

and Sesame Street cartoons. He is learning how to dress himself and can put on his shirt, socks, and zipper his jacket with few physical prompts. He is doing very well in his specialized school setting. Although Kyle is nonverbal, he knows how to get what he wants through using his computerized communication system. In the home, Kyle will show the caregiver what he needs by pointing to the object or bringing them over to the refrigerator when he is hungry or thirsty. When Kyle feels as though his routine has been disrupted he shows his discomfort by flapping his hands,

spinning, or rocking. Kyle does extremely well when his daily routine is maintained without deviation. He currently lives with other children and a couple of dogs. Kyle will need an extended period of time to transition into a new adoptive home and school. He will need a family to commit to parent him for his entire life, as based on his current progress he will not become a fully independent adult. For more information on Kyle, please contact Andrea Mitreuter at (609) 888-7487 or andrea.mitreuter@dcf.state.nj.us.

CAR SEATS

One of the most important jobs you have as a parent is keeping your child safe when riding in a vehicle. Each year thousands of young children are killed or injured in car crashes. Proper use of car seats helps keep children safe. But with so many

different car seats on the market, it can be overwhelming for parents to find what they need. The type of seat your child needs depends on several things, including your child's age, size and the vehicle you have. For more information from the

Academy of Pediatrics (AAP) about choosing the most appropriate car seat, log onto the URL on the sidebar or contact your local police department. They may be able to help install your car seat.

THE LOSS OF AN ADOPTION ADVOCATE

The adoption community mourns the loss of Joe Collins, who passed away in July after a long and courageous battle with colon cancer. Joe was known to many in the adoption community. He was a private investigator who helped reunite over 3,000 adult adoptees with their birth families and was awarded the Congressional Angel in

Adoption Award in 2000. In addition, Joe was the founder of a not-for-profit organization called "*From Houses to Homes-Guatemala*" (FHTH). FHTH offers a unique volunteer opportunity to build simple cinderblock homes for the poorest of the poor in the highlands of Guatemala. His organization also raised funds to build a school to educate

children who otherwise may not have the opportunity to attend school. FHTH also funded the construction and operation of a health clinic to provide poor families with adequate health care and support.

To give a donation in his name, or learn more about this organization, log onto www.fromhousestohomes.org.

ASK OUR EXPERT

Question: My child is 11 years old. She was adopted six years ago through the Division of Child Protection and Permanency (DCP&P). We received counseling services when she was first placed with us, but think she may need counseling again. Our DCP&P (DYFS) case has been closed for years. Where do we go for help?

Answer: Great question! Thank you for acknowledging the differences adoption brings and your willingness to seek help for your family. Like other adoptees, your daughter is experiencing many unique feelings about being adopted. It is normal for adoptees to need ongoing support throughout their adoption journey as they strive to put the pieces of their life story together and make sense of where they came from and who they are. There are many reasons why adoptees need ongoing support throughout their development.

Adoption is a lifelong process; therefore, questions or feelings about adoption do not disappear after the adoption is finalized or after a specific number of years. So many different situations can trigger feelings for adoptees, especially feelings of grief and loss. Some triggers for adopted children are the holidays, a move, loss of a pet, anniversaries (placement or adoption date), or a movie. Children have not fully developed the ability to verbalize or cope with tough feelings so

many adoptees act out their feelings through their behavior, which at times can be very challenging for the family. Frustration for the family may increase, especially if parents feel that the adoption occurred so long ago and that the child should "be over it" by now. For example, on the child's birthday the child may be quiet or appear sad. If asked what she might be thinking about, she may say "nothing", when in fact she was thinking about her birth mother. I worked with one family who finalized their adoption 10 years ago. One day, the adoptive mother called me crying, concerned that her daughter's behavior had regressed, as she was acting out the same way she did when she was first placed with them. After a lengthy conversation, the adoptive mom mentioned that she would have called me sooner but lost my phone number in a recent move. Even though the entire family packed up and moved together, this transition reminded the adoptee of her multiple placements in the past, which created overwhelming feelings for her. To help anticipate difficult times, I would recommend reviewing and noting in your date book those times that may trigger these feelings and seek extra support prior to those times.

Some may wonder, why don't adoptees just talk about their

grief? Some adoptees fear that if others knew how much they were hurting inside, they might be rejected all over again. Some fear that if they talk about their birth parents or their adoption, their adoptive parents may feel hurt or unappreciated. Many times children need adults to initiate conversation and help them talk about their feelings. A therapist can help the family discuss and process feelings impacted by adoption. As children grow, they start to ask even tougher questions about adoption. They view their adoption story differently at each developmental stage. It is crucial that the child be given the opportunity to revisit all of the pieces of their adoption story. We as parents can help them process the difficult information.

Families do not need to do this alone. In NJ there are **FREE Post Adoption Counseling Services (PACS)** available. Whether the adoption was through the Division, international or private, as long as the child is under the age of 18, family counseling may be available. For a list of PACS providers near you, log onto the NJ ARCH website, Resource section or call the NJ ARCH Warm line at 877-4ARCHNJ. They can direct you to the agency in your county. Help is only a phone call away.

DO YOU KNOW?



OUR GUEST EXPERT

REBECCA GALLESE, LCSW

-INSTRUCTOR, RUTGERS SCHOOL OF SOCIAL WORK

-TRAINER/CONSULTANT, NJ ARCH/ CHILDREN'S AID AND FAMILY SERVICES

-FORMER PROGRAM DIRECTOR OF ROBINS' NEST INC, FOSTER AND ADOPTION COUNSELING SERVICES

RCERUTTI@COMCAST.NET

*Have a question
that needs
expert advice?*

*E-mail or
contact the warmline.*

*We will be happy
to assist you!*

*Frequently asked
questions and responses
from the staff will be
published in future
newsletters.*



DID YOU KNOW?

NJ ARCH OFFERS FREE
TRAINING WORKSHOPS FOR
ADOPTION SUPPORT GROUPS:

ADOPTION: A LIFE-LONG LOSS

TELLING YOUR CHILD
DIFFICULT HISTORY

TRANS-RACIAL
ADOPTION AND FOSTER CARE

BASICS OF SPECIAL EDUCATION
IN NEW JERSEY

ADOPTION AND FOSTER CARE IN
THE SCHOOL

FOSTER AND ADOPTIVE CARE
SITUATIONS: WORKSHOP TO
HELP FOSTER PARENTS DEAL
WITH DIFFICULT BEHAVIORS

FROM TERMINATION OF
PARENTAL RIGHTS (TPR) TO
ADOPTION: THE JOURNEY
TO PERMANENCY

THE ADOPTED CHILD'S
JOURNEY: QUESTIONS ALONG
THE WAY
BASED ON THE *20 THINGS YOUR
ADOPTED CHILD WISH THEIR
ADOPTED PARENTS KNEW*

IF YOU WOULD LIKE TO
SCHEDULE A WORKSHOP,
PLEASE CALL OR E-MAIL
DWFRIED@NJARCH.ORG



NATIONAL ADOPTION AWARENESS MONTH

As fall goes into high gear, now is the time to start thinking about **National Adoption Awareness Month**.

While all adoption-related issues are important, the particular focus in November will be the adoption of children currently in foster care. We can promote awareness through planned events, campaigns, gatherings and celebrations, as well as simple everyday activities. These are all opportunities to educate ourselves and others about adoption. With a little advance planning, efforts can work wonders. Even one family for one child is a success. For ideas about how to celebrate National Adoption Awareness Month, log onto:

www.nationaladoptionday.org.

National Adoption Day is a collective national effort to raise awareness of the more than 100,000 children in foster care waiting to find permanent, loving families. This annual, one-day event has made the dreams of thousands of children come true by working with policymakers, practitioners and advocates to finalize adoptions and create and celebrate adoptive families. In total, National Adoption Day has helped nearly 44,500 children move from foster care to forever families. Communities across the county celebrate Adoption Day the Saturday before every Thanksgiving. In 2012, nearly 4,500 children were adopted by their forever families during the 13th annual National Adoption Day celebration in almost 400 cities across

the United States. This year the National Adoption Day Coalition expects 4,500 children in foster care to be adopted on National Adoption Day, on **November 23, 2013**.

Please join us in celebrating these children joining their forever families! For more information log onto:

www.nationaladoptionday.org/about.



PLANNING WITH YOUR FAMILY

In order to prepare for National Adoption Month, and plan some activities with your family, here are some ideas from Adopt.com:

Week 1: Begin National Adoption Month by Focusing on Your Child's Adoption Story.

Week 2: Continue National Adoption Month by Focusing on Family Time.

Week 3: Continue National Adoption Month by Focusing on Culture for Kids.

Week 4 and Beyond: Continue Adoption Month by Doing Volunteer Work with Children.

For details on how to celebrate, please log onto: <http://adoption.about.com/od/celebrationinspiration/a/Celebrating-Adoption-Month-index.htm>



NATALIE'S LIBRARY CORNER

Hello, Readers. Welcome to Natalie's Library Corner.

I hope all of you are enjoying the less hectic summer months as much as I am. I also hope that you are spending some time reading to/with your children. Many of your children will be going to school for the first time in September. Talking to them and reading books about what they can expect from their first school experience may relieve some of their anxieties and give them more confidence as they embark on this new life experience. Our free NJ ARCH Library has some great offerings for children about going to school.

The first book I would like to tell you about is entitled *Starting School* by Janet and Allan Ahlberg. This wonderfully warm and humorous book will put any pre-schooler's jitters to rest by showing just what going to school is all about. "...Here is the block table; there is the dress-up corner..." We meet the new teacher and lots of children who will become new friends. There's time for stories, time to draw pictures, time to learn how to read, and lots more.

This is the Way We Go to School: A Book about Children around the World by Edith Baer takes readers on a journey around the world, celebrating the many different ways

children travel to the classroom. In addition to living in different states within the United States, other countries included in the story are: Italy, Norway, Egypt, Israel, Switzerland, Kenya, Australia, China, India, Mexico, Russia and Canada. The book is written in rhyming verse and beautifully illustrated by Steve Bjorkman. At the end of the book is a map which shows us where each of our new friends lives.

A B C: A Family Alphabet Book written by Bobbie Combs and illustrated by Desiree Keane and Brian Rappa, is a delightful book that celebrates alternative families as it teaches young children the alphabet. Have fun with the kids, moms, dads and pets as you read and look at the colorful pictures on each page.

1 2 3: A Family Counting Book also written by Bobbie Combs and illustrated by Danamarie Hosler, teaches young children to count from one to twenty. This book also celebrates alternative families. The rhyming way of storytelling together with the number of items to be counted on each beautifully illustrated page holds the attention of young children.

Little Miss Spider: Sunny Patch School was authored by David Kirk. As stated in the

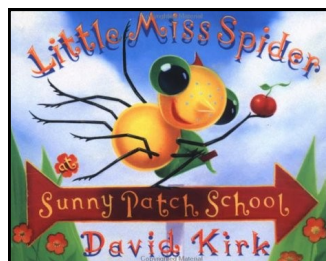
book, "In this, the second Little Miss Spider adventure, the adorable tiny spider is preparing for her first day at Sunny Patch School. Full of excitement and anticipation, she tries hard to, but just can't, master her new lessons."

"In the end, however, she discovers that her true talent is kindness. As the principal says, praising Little Miss Spider after she rescues one of her classmates:

'Our gifts, they are many:
We hop, fly, and crawl.
But kindness, he said,
Is the finest of all.'

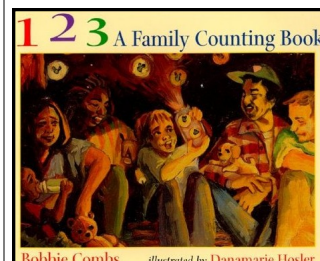
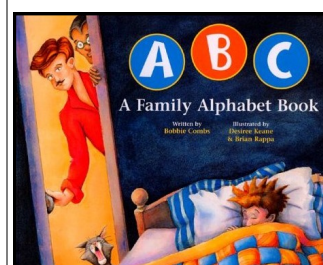
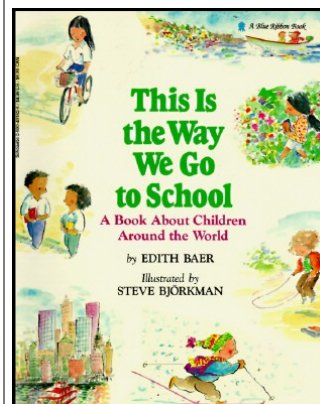
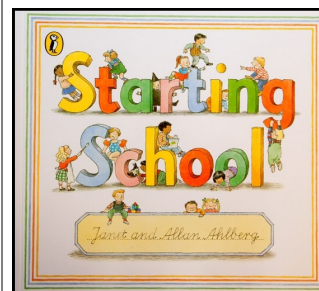
"The menagerie of new school friends, the luminescent oil paintings, and the ever sparkling, simple rhymes of Kirk's lilting tale will keep all children coming back time after time."

Happy End of Summer!
Happy Reading! Good luck on your child's first day of school.



DID YOU KNOW?

The NJ ARCH Lending Library has a variety of books to borrow



NEW JERSEY ADOPTION RESOURCE CLEARING HOUSE

76 SOUTH ORANGE AVENUE
SOUTH ORANGE, NJ 07079

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www.cafsnj.org



*The one-stop
resource
for those
touched
by adoption.*

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CONFERENCES AND MORE

September 17: Adoption Learning Partners: Live Webinar: 4 Keys to Help Your Adopted Child Thrive at School. Live Webinar: 8 pm EST. To register log onto www.adoptionlearningpartners.org.

October 6: Learning Disabilities Association of New Jersey (LDANJ); Navigate the Maze From Pre-K to College and Career. Busch Campus, Rutgers University, Piscataway, NJ www.ldanj.org.

November 9: 32nd Annual Concerned Persons for Adoption "Let's Talk Adoption" Conference, Busch Campus, Rutgers University, Piscataway, NJ. Keynote: Holly Van Gulden, "Learning the Dance of Attachment" www.cpfanjanj.org.

November 24: 33rd Annual Adoption, Adoptive Parents Committee, St. Francis College, Brooklyn NY. www.adoptiveparents.org/information/.

Adopted Pre-Teen and Teen Support Groups: Free for kids and teens ages 9-17 sponsored by Children's Aid and Family Services. October to May; one hour per month. Bergen County (meets in Ridgewood), 3rd Tuesday of the month. For information, call 201-445-7015 and ask for Christie for the pre-teen group and Jackie for the teen group. Essex County Teen group (meets in South Orange), 3rd Wednesday of the month. For information contact Kate Hamilton at 973-763-2041.

VISIT OUR LIVE ON-LINE
CHATS LOG ONTO
WWW.NJARCH.ORG
AND SELECT "CHAT ROOM"

GENERAL :
TUESDAYS: 3:30 - 4:30 PM
THURS. 4:00 - 5:00 PM
2ND AND 4TH FRIDAY
1:00 - 2:00 PM
SPANISH:
1ST THURS. OF THE MONTH
4 - 5 PM
SEARCH AND REUNION:
2ND AND 4TH FRIDAY OF THE
MONTH; 2PM-3PM

