

<i>May is National Foster Care Month</i>	1
<i>Adoptees Birthright Act</i>	2
<i>DCP&P Waiting Children</i>	2
<i>Asian Hate and Impact on Asian American Adoptees</i>	3
<i>Adoption Support Groups</i>	3
<i>Touched by Kinship Care?</i>	3
<i>How to Talk to Children about Racism</i>	4
<i>Natalie's Library Corner</i>	5
<i>Upcoming Events</i>	6

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- Website
- Lending Library
- Warm Line
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- Training Workshops
- Events/ Conferences and More



CHILDREN'S AID
AND FAMILY SERVICES

www.cafsnj.org



May is National Foster Care Month

May marks National Foster Care Month in the United States. The United States government began National Foster Care Month in 1988 to show appreciation and gratitude to foster parents across the country. The intent of foster care is to provide a safe environment for children and youth who temporarily cannot live with their families.

The history of foster care began in the 1830's when a large population of homeless children emerged in the big cities in the Northeast. These children were orphaned due to flu and typhoid epidemics or were neglected due to poverty. Charitable institutions developed programs that helped these homeless children find new homes. By 1912, a bill was signed that would later create the Children's Bureau, a federal agency organized under the United States Department of Health and Human Services' Administration for Children and Families. At the height of the Bureau's influence, it was directed, managed, and staffed

almost entirely by women – a rarity for any federal agency in the early 20th century. The stated purpose of the Bureau was to investigate and report “upon all matters pertaining to the welfare of children and child life among all classes of our people.” The first chief of the Children's Bureau was Julia Lathrop – she was the first woman ever to head a government agency in the United States. Today the bureau's operations involve improving child abuse prevention, foster care, and adoption.

Currently in the United States there are over 400,000 children in foster care. The average age of children entering care is eight. More than 71,000 children are legally-free and waiting to be adopted. Children free for adoption have spent an average of one and a half years waiting to be adopted since their parents' parental rights were terminated. Living with relatives can reduce trauma for a child in foster care, increase normalcy, and lead to establishing permanence.

But relatives need support when stepping up to take in a family member.

Why do we observe National Foster Care Month? For starters, children are our future. When we invest in our youth we invest in the future of society. We need to give all our children every opportunity possible. Foster care plays a critical role in providing young people, who have had to be removed from their homes, a much-needed place of refuge. It is an invaluable resource for providing stability, direction and comfort to our nations most vulnerable children on a temporary basis. Foster care primarily exists to remove children from harmful situations and provide them with safer environments. Foster care has helped countless young people over the years, providing them with a safe, structured and stable environment.

To read this full article please visit: <https://nationaltoday.com/national-foster-care-month/>.

Do You Know?



INTERESTED IN BECOMING A FOSTER PARENT?

For more information on how to become a NJ foster parent, please contact NJ ARCH at 877-427-2464 or warmline@njarch.org or embrella at 800-222-0047 or visit their website at www.embrella.org.

For more information on New Jersey's waiting children, please visit: www.nj.gov/njfofosteradopt/adoption/.



Need Covid-19 Information?

Check out the slider on our NJ ARCH Home page that includes many NJ resources!

ADOPTEE'S BIRTHRIGHT ACT UPDATE

On January 1, 2017, the **Adoptees Birthright Act, Public Law 2014, c. 9** was implemented by the NJ Office of Vital Statistics. As a result, adult adoptees born and/or adopted in New Jersey may request an uncertified copy of their Original Birth Certificate (OBC). As of April 30, 2021, the number of adult adoptee requests that have been completed by the NJ Office of Vital Statistics was 6,736. After receiving their OBC, many



adoptees have contacted NJ ARCH and/or the NJ Coalition for Adoption Reform & Education (NJCARE) for resource information on support groups, search specialists, mental health professionals and more. For more information about the Act,

or to download the forms, please visit our website at www.njarch.org and select "NJ Adoptees Birthright Act," or go directly to the "New Records System for Birth Parents, Adult Adoptees" at www.nj.gov/health/vital/adoption. Birthparents who wish to share their contact information and/or medical history may also use this last website. Want more information? Contact NJ ARCH at 877-427-2465 or e-mail us at warmline@njarch.org.

DCP&P WAITING CHILDREN



Joshua
Born 3/2004

Science is his thing! Joshua is very passionate about anything related to Science. Favorite science learning opportunities involve dinosaurs and sea creatures. The sea creature theme carries forward to his favorite TV show, Sponge Bob Square Pants. This guy is a big Squidward fan. Joshua enjoys drawing, listening to music, and being a helper in the kitchen; not only does he like to cook but he loves eating his creations.

A favorite is fried chicken. Academically he does well in a small classroom setting. The ideal family for this easy going, helpful and affectionate young man would be one who could provide him ongoing structure and affection as well as assist him in meeting life's transitions. For more information on Joshua, please contact: Lisa Scott at (609) 888-7358.



Sammy
Born 12/01

Here is sweet Sammy sporting the biggest smile he could

make for you! He is a friendly and affectionate young man. A puzzle master, Sammy enjoys the challenge of 100-piece puzzles. Other quiet time activities include sidewalk chalk games and Star Wars movies. He'd love to entertain you with scenes he has memorized from Star Wars. Sammy also enjoys sports, with a special love of basketball. He is a valued member of a special needs basketball team. Sammy has a strong bond with his siblings and his team desires a family that is committed to preserving his sibling bonds. Additionally, Sammy will need ongoing supports to assist him in the academic environment and his transition into young adulthood. A home without a dog may be the best due a long-standing fear. For more information on Sammy, please contact: Andrea Mitreuter at (609) 888-7495



ASIAN HATE AND THE IMPACT ON ASIAN AMERICAN ADOPTTEES

May is National Asian Pacific American Heritage Month. According to the US census, as of 2019, over 22.9 million Americans are Asian. According to Asian-nation.org, over 150,000 of these Americans are adoptees. Statistics detailed in the Study of Hate in Extremism at Cal State San Bernardino indicate that nationwide hate crimes against Asian Americans have risen by 164 percent. How does this impact adoptees with white parents? According to the [npr.org](https://www.npr.org) article, "Am I Asian Enough? Adoptees Struggle to Make Sense of

Spike in Anti-Asian Violence," Asian adoptees are unsure how to think, talk, and process their feelings as they do not feel fully a part of either the Asian American or white American communities. They worry that they are not Asian enough to share their feelings with other Asian Americans. If their parents raised them in a color-blind household, they may find it difficult to talk to their parents and may not want to judge the culture of oppression in the United States for fear of alienating their white parents. According to Nicole Chung, author of *All You*

Can Ever Know, an adoptee memoir, as relayed to [NPR.org](https://www.npr.org), "parents can do more by checking in and starting conversations." She encourages validating experiences, racial reality, and an acknowledgement of anti-Asian discrimination in the United States. Chung states, "I think just listening, being open and available and being present and just here for whatever they have to share" is essential.

To read more, check out this article:

www.npr.org/2021/03/27/981269559/am-i-asian-enough-adoptees-struggle-to-make-sense-of-spike-in-anti-asian-violence.

ADOPTION SUPPORT GROUPS

Looking for some additional support where you can talk to other adoptive or foster parents? Consider joining an adoptive parent support group! There are several in NJ and here is a brief list:

- Concerned Persons for

Adoption, www.cpfanjanj.org.

- Adoptive Parents Committee (APC),

www.adoptiveparents.org/

- embrella (formally Foster and Adoptive Family Services) that supports those who touched by foster care, adoption and/or kin-

ship care through the State.

www.embrella.org.

There are also many virtual support groups for foster, adoptive and kinship families in NJ and the surrounding area. Please check out our "Virtual Supports" tab on our www.njarch.org website.

TOUCHED BY KINSHIP CARE?

In New Jersey, over 57,000, or 3%, of children live with a relative with no biological parent present. Another 164,000, or 8.1%, of children under 18 live in homes where the head of the household is a grandparent or other relative. If you or someone you know is touched by Kinship Care,

please check out NJ ARCH's sister site, Kinship Care Clearing House or [KinKonnect](https://www.kinkonnect.org). This website has a wealth of resources for those raising a relative's children including handbooks, publications, agency support group listings and more. Check out

www.kinkonnect.org or call our warm line at 877-KLG-LINE (877-554-5463) to speak to a warm-line specialist or for more information. We are here to help.



DO YOU KNOW?

NJ ARCH offers Free training workshops or adoption support groups

E-mail dwfried@njarch.org to discuss doing a training virtually!

- Adoption: A Life-Long Loss
- Telling your Child Difficult History
- Trans-racial Adoption and Foster Care
- Basics of Special Education in NJ
- Adoption and Foster Care in the School
- Foster and Adoptive Care Situations: Helping 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

DID YOU KNOW?

STAYING HOME FOR LONG PERIODS OF TIME MAY BE STRESSFUL FOR SOME RELATIONSHIPS.

IF YOU HAVE A CONCERN AND WANT TO SPEAK TO SOMEONE ABOUT POSSIBLE DOMESTIC VIOLENCE, CONTACT THE NATIONAL DOMESTIC ABUSE HOTLINE AT 800-799-7233 OR VISIT THEIR WEBSITE AT WWW.THEHOTLINE.ORG OR CALL 911 FOR LOCAL HELP.

Our NJ ARCH Program is still working and serving our NJ consumers!

If you have an adoption, foster care and/or kinship-related question, please do not hesitate to contact our warm line at: 877-4ARCHNJ (877-427-2465) or e-mail us at warmline@njarch.org

We are here to help.

HOW TO TALK TO CHILDREN ABOUT ANTI-RACISM VIOLENCE AND HATE

Racial violence and hate crimes have reached staggering numbers in the past year. Talking to our children about anti-racism is never easy, but very important. In the "Parents" magazine article by Connie Chang on March 19, 2021, experts offered tips to help parents navigate these difficult conversations. Here are some of the tips:*



Start the Conversation:

Although we want to shield our children from difficult topics, social media and 24-hour news coverage bring these topics to the forefront. No matter how uncomfortable, parents need to begin to have conversations with their children. Limit social media, but also use it as a starting point for conversations. Use language that is developmentally appropriate to describe what has happened.

Ask Questions and Listen Carefully:

Experts recommend beginning conversations in a calm, neutral and open manner and ask open-ended questions like: *Have you heard about what happened recently?*

What are your thoughts about that? Have you experienced anyone calling you a name? Have you seen or heard anything that made you feel uncomfortable? Give your children the freedom to express themselves without interrupting or commenting. This will allow you, as the parent, to discover what exactly is your child's experience. When they have finished responding, ask follow up questions to learn more.

Validate Their Feelings and Share Your Experiences:

Conversations about racism and violence are difficult. But it is important to know that children are not necessarily looking for answers. They need instead to know that their thoughts and feelings have been heard and are validated. Children need to know that it is okay to feel scared, angry, and confused. As parents, we can bring up our own feelings or even our own experiences with racism. This gives children a sense of a shared experience and again validates their own feelings and concerns.

Introduce Different Cultures in a Positive Way:

As children grow, parents can help them to learn about different cultures and ways of life through books. Racism often begins with fear of the unknown and misunderstanding about people who look, sound, or act different than us. If we

can educate our children from a young age to understand and celebrate differences, talking about racism in a meaningful way later on will be easier.

Empower Them:

In a world filled with uncertainty, children can feel powerless and overwhelmed. If they personally experience discrimination and racism, their self-esteem can be impacted. Allowing children the space to speak and be heard can be empowering. Allow children to think critically about the news. Engage them in conversations related to the reporting. Ask questions like: *What about this reporting felt right? What do you think it was missing?* Help your child to find ways to positively impact the world around them. Even small steps like posting anti-racism signs or adding culturally diverse books to the classroom library will help your child to feel a part of making the world a more peaceful one for all. As they take action to create change, they increase their own level of self-esteem.

*For the full article, please visit:

www.parents.com/kids/responsibility/racism/how-to-talk-to-kids-about-anti-asian-violence/.

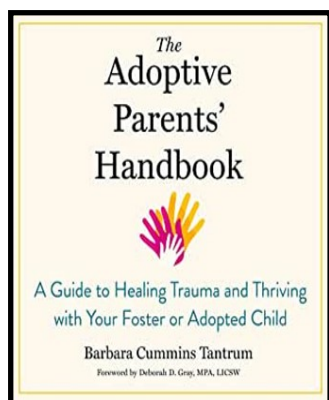


NATALIE'S LIBRARY CORNER

Hello readers!

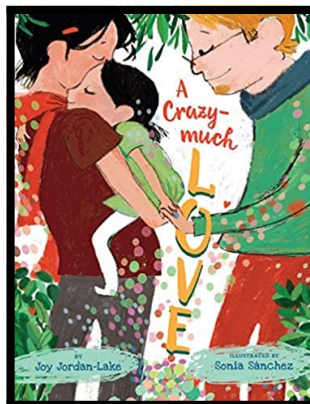


Our regular feature, "Natalie's Library Corner" includes a review of one book for adults and a review of one book for children. Did you know we are always adding new books to the NJ ARCH library? Be sure to check all that we offer at www.njarch.org and select "Free Lending Library."



The Adoptive Parents' Handbook: A Guide to Healing Trauma and Thriving with Your Foster or Adopted Child by Barbara Cummins Tantrum is a must have for anyone beginning or already deeply into the trenches of raising adopted or foster children. Barbara Cummins Tantrum is a therapist and an adoptive mother who uses her vast knowledge and personal experience to help parents navigate through all the joys and challenges of parenting children who

have experienced loss and trauma. She states, "all adopted children have an attachment break, and all adopted children have grief and loss. Some children are able to recover from that grief and loss easier and attach to their caregivers, and for some children this causes problems." Barbara Cummins Tantrum transforms professional terminology into understandable analogies and offers hope and actual solutions. She touches on the stages of attachment, the impact of trauma and self-care. She provides guidance on establishing discipline and consequences while avoiding power struggles, PTSD, infant trauma, lying and stealing, how to choose a therapist, life books, working with birth parents, transracial adoption, understanding the special education process and what to do if things become really difficult. Barbara Cummins Tantrum gives parents hope with advice and knowledge, as well as personal and professional examples. She helps parents prepare for a child's arrival into the home at any stage of development and offers lists of books, movies, and resources to help along the way, as well as an extensive glossary of terminology. This book can be read in its entirety or can be easily used for reference on specific topics and belongs on every adoptive and foster parents' book shelf!



A Crazy-much Love by Joy Jordan-Lake with illustrations by Sonia Sanchez is a heartwarming tale of a child's arrival into her family. Told in a rhythmic beat, the parents recount the waiting, the trip to bring home their child, and all their "firsts" together. Beautiful illustrations allow the reader to make the story their own. The travel page has illustrations of a plane, a train, and a boat, allowing the child to imagine their own homecoming. The child asks the question, "how much is the crazy-much love?" And the parents answer, "So much so that it spills out the windows and busts down the doors . . ." When the child then asks, "How long does it last, the crazy-much love? The parents and child both respond together, "Forever and ever and far beyond that!" A Crazy-much Love is a perfect bedtime story for any family touched by adoption.



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touched
by adoption.*

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UPCOMING CONFERENCES

Looking for a conference or training in the next few months? Most of the below 2021 conferences are being offered virtually, and listed on our NJ ARCH EVENTS page. Please check them out so you can join in!

July 20-23: 47th Annual North American Conference on Adoptable Children (NACAC). Will be held virtually. For more info, visit www.nacac.org/get-training/conference/.

August 13— 17: National Association of Council for Children: 44th National Child Welfare Law Virtual Conference. For info visit: www.naccchildlaw.org/page/Conference.

September 21-23: National Council for Adoption Virtual Conference. For more info visit: <https://adoptioncouncil.org/ncfa-conference/>.



2020-2021: Rudd Adoption Research Program Virtual Conference. View sessions online at: www.umass.edu/ruddchair/virtual-conference-2020-21-program.

Interested in on-line learning? Check out these options:

Adoption Learning Partners: www.adoptionlearningpartners.org/.

The Center for Adoption Support and Education (CASE): <https://adoptionsupport.org/>.

Child Welfare League of America: <https://www.cwla.org/conferences-events/e-learning/>.

Nurtured Heart Approach Training, Children's Success Foundation: <https://childrensuccessfoundation.com/nha-training/>.

Interested in listening to podcasts related to parenting, adoption and/or foster care? Check out our list on our NJ ARCH website at: <https://njarch.org/podcasts/>.

Have an event you would like us to post on our website? Log on to www.njarch.org. Under "Events," select the "List your Event on NJ ARCH" box on the right and submit for a free listing on NJ ARCH!