

A WALK IN THE PARC



Fall 2015

MeMoves™

Heart. Brain. Connect.



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MeMoves is the first patented system for self regulation. Mirroring those on the screen, users are transformed by the music, images, movement, and the expressive features of emotion. This easy to use, interactive program has been widely praised by therapists, educators, and parents.

MeMoves™ is an easy and innovative way to increase attention and calm in as little as two minutes – in the classroom, at home, anywhere – for people of all ages and abilities. A multimedia program that transforms the mind and body through interactive “body puzzles,” this patented system was designed to activate the parasympathetic nervous system, providing the user with an effective tool for self regulation in only a few minutes.

Each MeMoves™ sequence is a patented combination of music, movement and images, utilizing simple, geometric shapes. Organized into three categories; Joy, Focus and Calm, users select one of 13 video sequences and follow along (imitate) the actions on the screen.

The neurological basis for MeMoves’ robust results can be found in Stephen Porges’ polyvagal theory, one of the most celebrated new developments in neurobiology. MeMoves’ faces with eye contact and expressive features of emotion, music supporting the same frequency as the female voice, and simple gestures perfectly align with the positive social engagement elements identified by Porges. MeMoves’ unique ability to “calm and connect” people of all ages works equally well at home, in the classroom or in a clinic setting.

MeMoves™ can be used as an early childhood program for children as young as three, although it appeals to a wide range of ages and abilities. Used in more than 2500 school districts, therapy centers, hospitals, and homes across the country (with roughly 70% of MeMoves used in mainstream or neurotypical classrooms), it is particularly helpful for individuals living with Autism Spectrum Disorder, Asperger’s, Sensory Processing Disorder, ADD/ADHD, anxiety and or depression. Regardless of age, using MeMoves™ for just a few minutes each day decreases stress, improves mood, and enhances one’s ability to focus.



Tips for Using MeMoves

MeMoves reduces anxiety, and provides safety and affiliation through an activity that creates a calm and attentive state. As we reduce stress, we increase function.

P
A
R
C

- **It's not about doing it correctly or getting better, or learning a new skill.**

MeMoves works because everyone is encouraged to participate at the level that they are able. It's okay to stand motionless or sit, rocking back and forth in time to the music. Everyone finds their own level of engagement, which will change over time. Remember – people can only respond to the degree their physiology allows.

- **Do it with others when you can.**

MeMoves is a shared activity that can help everyone to become calmer and connect with each other.

- **Use it at the same time each day for the first two weeks.**

Many people use MeMoves in the morning, before a stressful activity, and before bedtime.

- **Many people play the music CD before bedtime as it seems to reduce insomnia, or any time to become calm.**

- **You may see some changes right away. Others may come after using MeMoves several times a day for 4 to 6 weeks.**

After a month of use, observed changes include increased speech and language, eye contact, imitative behavior, collaborative behavior, and decreased negative behavior.

- **MeMoves is not a competitive activity.**

MeMoves is not a game where users compete against one another. The emphasis has nothing to do with imitating the moves correctly, although many people will see marked improvement over time. Each person is unique and will respond to MeMoves in their own way. MeMoves benefits people of all abilities, as it creates a calm and attentive nervous system.

©Thinking Moves LLC 2014

**MeMoves is available in the PARC Library
at Catholic Charities of Madison**

Fostering Positive Adoption Awareness in Your Schools

In convincing teachers and administrators of the importance of positive adoption awareness, the following talking points will help:

Our children should be empowered to deal with questions, but they shouldn't be expected to cope with them on their own. All children can benefit from the introduction of a C.A.S.E. program (Center for Adoption Support and Education). There are children whose siblings were adopted, children whose cousins were adopted, children whose friends were adopted. They need to understand that this is a valid way to build families. Some families may not feel comfortable about school staff knowing their adoptive status. Wouldn't it reassure these families if their children told them that in a discussion of families, the teacher included adoptive families in a casual, positive way?

C.A.S.E., S.A.F.E., and W.I.S.E. UP!

In our **S.A.F.E. at School: Support for Adoptive Families by Educators** program, we present participants with questions frequently asked of adopted children (and their parents, too). Sometimes the simplest questions are the hardest. The important thing is to be prepared. And remember, it is normal for children who are not adopted to have difficulty understanding adoption. They need your help!

Typical Questions:

- How much did your parents pay for you?
- My mom says you were an orphan.
- Can you speak your language?
- How do you know what you'll look like when you grow up?
- Is he your real brother?
- Why didn't your real mother keep you? How could your own mother give you away?
- I saw something on the news about an adopted kid. (Describes it) Did that happen to you?
- What's it like to be adopted?

Sample Responses:

- Sometimes adopted children do not want to share personal information. That's their choice. But I can tell you about adoption.
- Adoptive families begin in a different way, but they are families, just the same as other families.
- Sometimes people cannot take care of their children. Other families are available to do that for them. Those are adoptive families.
- That story is in the news because it captures your attention, but it is not true in most adoptions.
- That's just one story. All adoption stories are different. In fact, there are more than 5 million adopted people in America!
- Adopted children love their families, just like you do.
- Adopted children's families are forever.
- I think adoption is a great way to build families!
- One of my [cousins] was adopted. I think adoption is great!

In addition to the S.A.F.E. at School program, C.A.S.E. has developed **W.I.S.E. UP!** for children. It acknowledges the wisdom of adoptees and empowers children to take control of potentially uncomfortable situations. W.I.S.E. stands for:

W: **“Walk away.”** That's right. Don't say a word. Just walk away.

I: **“It's private.”** I don't want to talk about it.” Most people don't mean any harm. But you get to choose who to talk to about private things like adoption.

S: **“Share something.”** Give a quick answer, or share one thing about your adoption, even if it doesn't answer the question.

E: **“Educate.”** Some people ask questions because they don't know about adoption. Teach them something. Say, “Did you know that the guy who started Wendy's was adopted?” or “Did you know that there are five million adopted kids in the United States?”

Marilyn Schoettle is the Director of Education and Publications for The Center for Adoption Support & Education.

For more information on C.A.S.E.—and its S.A.F.E. at School and W.I.S.E. UP! programs—visit www.adoptionssupport.org

Children's Understanding of Adoption

Whatever the age of the child, educators need to be sensitive to the fact that adoption can raise thoughts, concerns, and questions in a child's mind that may affect their behavior and their academic performance. You may want to provide your child's teacher with the following information...

Preschool: Preschoolers do not yet fully understand reproduction and do not understand the concept of "being born." Although they probably have had conversations about adoption with their parents and may have been told that they were adopted, they cannot usually differentiate between being adopted and being born into a family. Because of this lack of understanding, preschoolers and toddlers who were adopted as infants seldom exhibit adoption-related adjustment problems. Children who were somewhat older when they left the birth home may remember their birth parents, and depending upon the circumstances surrounding their move from the birth home to the adoptive home, may exhibit adjustment problems related to the move.

Early Elementary: Usually by age six or seven, children begin to have some understanding of reproduction and can understand that they grew inside one woman who gave birth to them, and that they now live with other parents. By this age, and throughout the early elementary years, adopted children usually begin to have a fuller understanding of adoption and the issues of loss and abandonment that accompany that understanding. They may begin to think and fantasize about their birth parents. They likely have questions about why they were placed for adoption. These thoughts and questions require mental energy, can make it difficult for some children to concentrate in school, and can lead to changes in behavior. Although each adopted child reacts differently, it is not uncommon for an adopted child to go through a grieving process, which can include stages of denial, anger, and sadness. This grieving process may recur at various stages in the child's development.

Upper Elementary: Children in later elementary years may think even more about what being adopted means. Self-esteem is important at this age, and adopted children must incorporate an adopted status into their self-image. Any issue, including adoption that makes them "different" from their peers can be a source of anxiety. They may have concerns that their peers or others may think less of them because they are adopted. They continue to wonder about the reasons their birth parents placed them for adoption and whether or not their adoptive parents love them as they would a biological child.

Adolescence: By the time most children reach adolescence, they can think abstractly, which allows them to understand legalities and reasons why birth parents place children for adoption. As adolescents make the transition from childhood into adulthood, they begin to find their own identities and begin the process of separation from their parents. For adopted children, finding their own identity can be more difficult because of their history; they have already been separated from birth families and placed with someone else. The adolescent can ponder what might have been. Some teens feel that adoption is the cause of all their problems. For others, adoption may not be a major issue.

*Taken from: Adoption Basics for Educators:
How Adoption Impacts Children & How Educators Can Help*

By approaching adoption as positive and "normal," teachers can be a support and an advocate for adopted children in their classroom.



Back to School

Buying school supplies, first day jitters, maneuvering the lunch line, etc., are just a few challenges kids and parents are faced with at back to school. Adopted children may face additional challenges with school projects involving baby pictures, timelines, genetics or even world studies. School projects can be tricky for adopted children. Circumstances surrounding dates, location, and details may be unknown or considered private family matters. Children may be unsure about which facts they should or should not share, versus what they are required to share. This can produce anxiety and leave the child feeling vulnerable, or different.

The best way to handle these assignment is to prepare your child in advance; have a plan of how you will approach the topics and alternative ways to complete the assignment. For more information see:

Tackling Tricky Assignments

“Six projects account for most of the tricky assignments our kids face at school. Understanding the learning goals and the specific challenges each one poses will help parents and children alike find the best solutions.” See more at: Adoptive Families: <http://bit.ly/1AQ3YNX>

Is Your Child Ready for School?

She has her backpack, pencils, and notebook. But does she know how to field adoption questions that might come her way? See more at Adoptive Families: <http://bit.ly/1s6JHkN>



The North American Council on Adoptable Children says...

Please Take Action Today to Advocate for a Refundable Adoption Tax Credit

A refundable adoption tax credit makes an enormous difference in terms of which families are able to claim it. Some families will never be able to adopt without the benefit of the adoption tax credit. Others will adopt, but won't benefit at all, which may mean they face challenges meeting their children's needs, particularly if they adopted a child who has special needs from foster care. If we increase low- and moderate-income families' access to the credit, we make adoption possible for more waiting children. To ensure the adoption tax credit is promoting adoptions, we must ensure that more adoptive families are able to access it.

We are asking you to call, email, post on Facebook or Twitter, or otherwise contact your two Senators and your Representative to ask them to protect the adoption tax credit and make it refundable by becoming cosponsors of the Adoption Tax Credit Refundability Act. On the Senate side, ask them to become co-sponsors of S. 950. On the House side, the bill number is H.R. 2434.

To learn more go to: <http://adoptiontaxcredit.org/advocate/>

Around The PARC

A WALK IN THE

UMOJA

A BLACK HERITAGE EXPERIENCE

Created for families raising black and bi-racial Children

CAMP INFORMATION

Dates: October 16-18, 2015

Place: Green Lake Conference Center, Green Lake, WI

Registration: Oct. 16, 4-6 PM. Late arrivals will be accommodated.

Costs: Free for children 3 and younger

\$105 per age 12 and up

\$75 per age 4-11

Conference fee covers programming, meals and a souvenir t-shirt.

Hotel costs vary by room type. See registration form for details.

Families can arrive at Green Lake any time that day. Green Lake offers a beautiful setting for hiking and relaxation. On Friday participants can enjoy a meal from 5-6 PM in the Kraft Lodge. At 7 PM there will be a cultural experience for the entire family. Families arriving later in the evening will be directed to the location we are gathered by signs in the hotel lobby. The registration form can be downloaded from the web site at www.umojabhe.org or www.umojabhe.com

A PLACE IN MY HEART

An annual conference offered by the Wisconsin Post Adoption Resource Centers

- Date: **Saturday, November 7th, 9am—4pm**
- Location: Glacier Canyon Lodge at Wilderness Resort in WI Dells
- Speaker: Sue Badeau—You can check out her website at: <http://suebadeau.webs.com/>
- Topic: “Beyond GPS and Jumper Cables: Developing the Tool Kit for the Lifelong Journey of Adoption”

REGISTRATION

Cost: \$50 per person/\$80 per twosome

Registration Deadline: October 27th, 2015

Register online at:

<https://apimh2015.eventbrite.com>

Or call 414-475-1246 for more information

Individualized Education Program—IEP Process & Product Workshop

Brought to you by:

Wisconsin Statewide Parent Educator Initiative (WSPEI) and the Southern WI Post Adoption Resource Center (PARC)

Presenter: Cheri Sylla, CESA #1 WSPEI Family Engagement Coordinator

Tuesday, October 13, 2015

6:30 pm to 9:00 pm

Catholic Multicultural Center
1862 Beld St, Madison, WI 53713



Participants will learn how to navigate the special education maze and receive parent-friendly resources. Many resources and websites will be shared that will help parents be more effective advocates for their child.

RSVP

Registration is required for this FREE workshop

Email: postadoption@ccmadison.org or

Phone: 608-256-2358 (ask for Judi or Amy)



★ Changing lives, One child at a time...

Parent Support and Training Series

Series 1: Sensory Processing Basics

Basics of Sensory Processing—Thursday, October 22th 2015, 6:00-8:00

Adding Sensory Activities into Your Routine PART 1 and PART 2

Thursday, October 29th 2015, 6:00-8:00 (Part 1)

Tuesday, November 3rd 2015, 6:00-8:00 (Part 2)

Series 2: Sensory Sensitive Parenting

The Parent/Child Relationship- The key to helping a child regulate—Tuesday, January 19th 2016, 6:00-8:00

Regulate Yourself to Regulate Your Child- Parent sensory self-care—Tuesday, January 26th 2016, 6:00-

8:00

Playing and Regulating Together— Tuesday, February 2nd 2016, 6:00-8:00

Series 3: Sensory Processing Basics

Basics of Sensory Processing—Tuesday, April 12th 2016, 6:00-8:00

Adding Sensory Activities into Your Routine PART 1 and PART 2

Tuesday, April 19th 2016, 6:00-8:00 (Part 1)

Tuesday, April 26th 2016, 6:00-8:00 (Part 2)

Registration and Fee Details:

- * Tuition of \$75 per family for each series attended. Families will not be turned away for inability to pay.
- * We do not offer childcare for these training sessions.
- * Register by E-mail: info@ctn-madison.com Please include: Name, phone number, e-mail, and sessions of interest.
- * Register via the website: <https://www.ctn-madison.com>. Go to Getting Started/Contact Us.
- * Register by Phone: 234-5990. Please include: Name, phone number, e-mail and sessions of interest.

Course Location:

The course will be held at our clinic:

14 Ellis Potter Ct. Ste 200, Madison, WI 53711

Directions are available on our website-<http://www.ctn-madison.com>

Post Adoption Resource Center (PARC)

of Southern Wisconsin

Catholic Charities Madison

1810 S. Park St., Suite 200

Madison WI 53713

(608) 256-2358 (800) 236-4673

postadoption@ccmadison.org



Like us on Facebook—Search for Post Adoption Resource Center of Southern WI
Visit PARC's website page for current adoption information:

www.parcsothernwi.org

Support Groups



Canopy Center's Parent Stressline

Phone: (608) 241-2221

A listening line open to callers 14 hours a day, from 8 am to 10 pm, 365 days a year. Anonymous and confidential. Staffed by trained parent advocates. It is available to parents and caretakers who are experiencing stress or who just need someone to listen. Parent advocates strive to assist callers with finding solutions to their problems and make referrals to appropriate community services. Spanish speaking services are available.

Birthmother Wellness Institute

Contact Person: Jan Collins

Email:

birthmotherwellness@outlook.com

www.birthmotherwellness.com

The Birthmother Wellness Institute™ is a support and educational network that exists to provide tools for birthmother-sensitive care-giving and long-term effective grief support.

Birth Parent Support Group

Contact Person: Judi or Amy,
Post Adoption Resource Center

Phone: (800) 236-4673 or
postadoption@ccmadison.org

Have you voluntarily placed your child for adoption? Come to a support group – free, safe and confidential.

FRUA (Families for Russian and Ukrainian Adoption) - includes neighboring countries.

Contact Person: Jodi McMahon, FRUA
Upper Midwest chairperson

Email: fruauppermidwest@gmail.com

Website: <http://www.frua.org/>

Teen/Preteen Support Group

Contact Person: Amy or Judi

Post Adoption Resource Center

Phone: (800) 236-4673 (Toll-Free)

Email: postadoption@ccmadison.org

Six week sessions. Screening Interview is necessary to participate.

FACE-Kids

Contact Person: Emily Jaime

Phone: (608) 256-2358 ext 27

Email: ejaime@ccmadison.org

Quality mental health group counseling services for children who are in need of supportive group counseling in Dane and Rock counties. Community partner agencies: Catholic Charities (lead agency), Children's Hospital of Wisconsin Community Services, Family Service Madison, Agrace, Lutheran Social Services, Journey Mental Health Center and The Rainbow Project.

Latin American Adoptive Families of Wisconsin (LAAF-WI)

Contact Person: Tami Stubbe, LAAF's southern Wisconsin regional representative.

Email: southwestregion@laafwi.org

Provides support, guidance and information for families wishing to adopt from Latin America as well as after adoption completion.

Families Through Korean Adoption

Contact Person: Yvonne Onsager

Email: onsagerfamily@gmail.com

Email: FTKAmadison@gmail.com

Website: www.ftkamadison.org

Group meets at various locations to provide support in a social setting to families in the process of or who have already adopted children from Korea.

Milagros de Guatemala

Contact Person: Lori DuRussel

Phone: (608) 833-4211

Email: lduruss@yahoo.com

A support network for families who have adopted from Guatemala.

Reactive Attachment Disorder Support Group

Contact Person: Tish Carlson

Phone: (608) 495-0117

Email: tishricarlson@ymail.com

A monthly support group for parents who are raising children with Reactive Attachment Disorder. Contact Tish for location details.

Wisconsin Family Ties – Parent Support Group Meetings

Phone: (608) 267-6888 / (800) 422-7145

Email: info@wifamilyties.org

For parents who are raising children who have emotional, behavioral, mental and/or substance use disorders.

Madison Families with Children from China

madisonfamilieschinesechildren@gmail.com

A resource and referral group.

Facebook: "Families with Children from China – Madison, WI"

Madison Adult Adoptees

MadisonAdoptees@groups.facebook.com

[https://www.facebook.com/](https://www.facebook.com/groups/187924478084525/)

[groups/187924478084525/](https://www.facebook.com/groups/187924478084525/)

The Rainbow Project - Grandparents and Other Relatives as Parents

Phone: (608) 255-7356

Email: info@therainbowproject.net

Website:

<http://therainbowproject.net/programs/>

