6 Questions Every Adopted Teen Wants Answered

Every adopted teen will have some questions. Here are some of the most common, and what you can do to help.

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Prior to adolescence, children are extremely curious about their adoption stories. Although they question the circumstances that led to their adoption, most of them seem to accept the answers calmly. But adolescents often demand fuller and more factual answers. They understand that most mothers love, nurture, protect, and keep their babies. Why not in their case? Was there something terribly wrong or unlovable about them?

Now that they are more sophisticated critical thinkers, adolescents revisit their earlier vague questions and refine them into a very personal (and sometimes painful) exploration of the question, "Why did my birth mother and birth father leave me?" This process begins early in adolescence, a period of heightened upheaval and confusion for most youngsters. The already-stressed adolescent reconnects with the powerful awareness that, to have been adopted, someone had to give him away.

Here are six common adoption-related questions teens have, and ways you can help:

1. Why was I adopted? The minds of adopted teens are filled with questions like, "Why was I given away? Was there something wrong with me? Did they give me away because they did drugs or abused me? What does this mean about me? Why couldn't they have worked things out and taken care of me?"

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SPRING BREAK

From TFI Family Services

Spring Break is quickly approaching; with that comes the stress of keeping many children occupied and happy! Most of us are operating on a budget which requires a Spring Break “Staycation”. Here is a list of ideas that could help generate ideas for your family to have a successful Spring Break this year!

- **Library** – Browse for books to read during the week. Often libraries will offer free classes for kids during the school break or free movie days.
- **Read** – Make this everyday activity more special by having a family book club. Set aside time for the family to read. Then meet together to discuss the books you are reading.
- **Game Day/Night** – Pull out the game boards and have an all-day competition. If you don’t have a whole day, have a family game night.
- **Visit the Park** – Head to a local park. Hike, spend time at the playground, explore or have a picnic. Make time to see things that you haven’t had time to do before.
- **Play Outdoor Games** – With the weather getting nicer, your kids will appreciate time outside. Set up some outdoor games such as badminton, corn hole or volleyball. Kids could also blow bubbles or do sidewalk chalk.
- **Have a Movie Night** – Pick a movie and come up with a themed dinner and activities to go along with it. You could also have a movie marathon on a rainy day.
- **Make Crafts** – Finally, find time to put together all of those craft kits you have laying around the house. Take inventory of your craft supplies and challenge your kids to come up with their own craft. Since Earth Day is around the corner they could also make crafts using recycled materials.
- **Camp at Home** – Set up an indoor campout complete with tent, sleeping bags and plenty of camping treats. Weather permitting, take your campout outside.
- **Be a Tourist in Your Own Town** – Take a walk through your town. Window shop, grab a bite to eat and take in the sights. You’d be surprised what you can find when you take a closer look.
- **Cooking/Baking** – Try out a new recipe. Challenge your kids to create their own recipe using only the ingredients at home. Give your kids a small budget and have them shop for and prepare their own meal.
- **Go on a Food Adventure** – Take your kids on a culinary tour. Visit unique eateries such as gourmet doughnut shops, grilled cheese restaurants or fondue restaurants. If open, take your kids to the local farmers market. Have them try samples. It’s a great opportunity for them to try new foods.
- **Visit Local Museums/Aquariums/Zoos** – While your instinct may be to visit big name museums, aquariums and zoos, don’t overlook your local ones. The smaller ones can offer a more personalized experience. They can also teach kids about the history of your area and the animals that live there.
- **Play Sports** – Go bowling, play a round of mini golf or hit the local batting cages. Trampoline and bounce places will often have open play hours during school breaks. You could also go skating or bike riding.
- **Go to the Movies** – Matinees or smaller movie theaters are your best bet for making taking your kids to the movies a budget friendly experience. Some theaters will even have movie times just for kids.
- **Take a Class** – Taking a class based on their interest can be a fun and enriching experience for kids. Craft stores, such as Michaels, will offer art classes for kids. Many places also provide cooking classes or science classes. Libraries also have special kids classes. Lowes and Home Depot offer building classes for kids on the weekends.
- **Gardening** – Spring is the perfect time to start a garden. Have your kids research and plan which plants they’d like to grow.

I hope these help your family have a successful Spring Break this year!
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