### 25 WAYS TO BE LOVING PARENT

<table>
<thead>
<tr>
<th>Help your child with their schoolwork.</th>
<th>Giggle together – share silly knock-knock jokes.</th>
<th>Bury a family time capsule and dig it up five years later.</th>
<th>Have a backward dinner – serve dessert first!</th>
<th>Look through your family photo albums together.</th>
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<tbody>
<tr>
<td>Ask your child to draw a portrait of your family and then frame it.</td>
<td>Schedule regular Family Meetings where everyone gets to share their opinion.</td>
<td>Start a once a season parent/child date night complete with dinner and a movie.</td>
<td>Give your child the gift of culture – take them to a museum, symphony, or play.</td>
<td>Start a collection together anything from coins to seashells will work.</td>
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<td>Take family walks after dinner.</td>
<td>Sit down at the table together to eat meals.</td>
<td>Give your child choices about what to wear, eat, do, etc.</td>
<td>Set realistic rules and expectations and make sure your child understands them.</td>
<td>Be a good role model.</td>
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<td>Find time each day to talk one-on-one with your child.</td>
<td>Praise and encourage your child daily.</td>
<td>Give your children age-appropriate responsibilities.</td>
<td>Put a funny note in their lunch box.</td>
<td>Stick to your rules and be fair.</td>
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<td>Be patient!</td>
<td>Let them know when you catch them being good.</td>
<td>Tell them how thankful you are they are your children.</td>
<td>Trust your child and let them know you respect them.</td>
<td>Hug your child every day.</td>
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</table>

### WORDS EVERY CHILD NEEDS TO HEAR

- I’m so lucky to have you
- You are a great helper
- I love you
- I like it when you try so hard
- Let’s talk about it
- I’m sorry
- You’re very special to me
- Thank you for being patient
- You’re a great kid

With acknowledgements to Prevent Child Abuse North Carolina and Prevent Child Abuse America

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**Triggers: What Are They and How Can We Respond?**

For people who experienced trauma, the brain connects certain sounds, smells, sights, touches, facial expressions and body movements, seasons, activities, and statements with traumatic incidents in order to prepare itself for future potential danger. Later, after safety has been established, the brain continues to process specific stimuli as dangerous, and an emotional response is triggered.

On the outside, a teen who has been triggered might look like they are “acting out” - their reaction seems extreme and uncontrollable, and pinpointing what catalyzed it can be challenging.

As with any behavior caused from trauma, parents and caregivers must use this as an opportunity to remind teens that you are there to support them—no matter how they behave or why they behave that way. After the teen calms down and feels safe again, use developmentally appropriate language to work with the teen on determining what triggered them and how you can work together to address the situation differently next time. Go on a walk, take a drive, or play a game (Continued on Page 2)
Triggers: What Are They and How Can We Respond? (Continued from Page 1)

And start the conversation: “I noticed that something happened last night that made you feel bad. We can try to figure out what it is. Can you remember what happened right before you got upset with me?”

Connection is key to helping teens heal from trauma and cope with the changes adolescence brings—but building a relationship isn’t always easy. A traumatized brain sees anything new or unusual as a threat, so rules or protective interventions feel like punishments and those who try to establish safety or trust are seen as perpetrators.

This natural lack of trust—coupled with a struggle to connect cause and effect and the mood changes typical in adolescence—can quickly create a negative family cycle. Fortunately, with a deeper understanding of the impact that trauma and adolescence have on a teen’s brain, you can develop a more effective and understanding parenting mindset that disrupts the cycle before it begins. (Adoptalk—2019 Issue)

LEARN THE SIGNS OF AUTISM
http://www.autismspeaks.org/what-autism/learn-signs

100 Day Kit - The Autism Speaks 100 Day Kit and the Asperger Syndrome and High Functioning Autism Tool Kit were created specifically for newly diagnosed families to make the best possible use of the 100 days following their child's diagnosis of autism or AS/HFA.
www.autismspeaks.org/family-services/tool-kits/100-day-kit

Transition Tool Kit - The Transition Tool Kit was created to serve as a guide to assist families on the journey from adolescence to adulthood.
www.autismspeaks.org/family-services/tool-kits/transition-tool-kit

For additional Tool Kits, visit:
http://www.autismspeaks.org/family-services/tool-kits

Visitation Tips for Foster Parents
Healthy Foster Care America has published some tips to help children and teens before and after a visit with the birth family. Read reasons why a child might be in extreme distress before or after a visit and what you can do to help prepare them before a visit and how to transition back from a visit.
Click Here to Read the Visitation Tips

Grants available for items for kids in foster care—Age 13 and under. Check out the Friends Program application and instructions on applying for items such as summer camp funding, swimming lessons, dance or sports registration, etc. Click here for the IFAPA Friends Program

Adoption Videos
from the Attachment & Bonding Center of Ohio

The Attachment and Bonding Center of Ohio places particular emphasis on facilitating the connection between adopted children and their parents. Five free, brief videos are available on their YouTube channel. The videos address the following topics:
- Sibling Rivalry in Adoptive Families: Why is it so Intense?
- Pre-Adoptive Expectations: Parents, Brothers, Sisters, and the Adoptee
- The Impact of Trauma on Child Development: The New Arrival is Younger than Anticipated – Discussion
- The Impact of Trauma on Child Development: The New Arrival is Younger than Anticipated – Visual
- No Anger Zone: Maintaining a Peaceful Emotional Climate in Adoptive Families.

To watch these videos, visit: https://www.youtube.com/user/ABCofOhio?feature=mhee

College Scholarships Available for Youth Adopted from Foster Care
UMPS CARE Charities has partnered with The Dave Thomas Foundation for Adoption (DTFA) and Slate XP to offer the UMPS CARE Charities All-Star Scholarship. All-Star Scholarships are open to children adopted from U.S. foster care at the age of 13 years or older. Funding will provide $5,000 scholarships for a two-year institution or $10,000 scholarships for a four-year institution. The application deadline is May 15, 2019. To apply, visit: https://umpscare.com/AllStarScholarship.html

April is National Autism Awareness Month
Grants available for items for kids in foster care—Age 13 and under. Check out the Friends Program application and instructions on applying for items such as summer camp funding, swimming lessons, dance or sports registration, etc. Click here for the IFAPA Friends Program