

NOVEMBER 7, 2017

HOW TO RAISE AN INDEPENDENT KID

When does a child become an adult? At puberty? When they get their driver's license? When they leave home for university? The transition to adulthood isn't always clear, but there are ways to mark key milestones in the progress from child to adolescent to adult that will set your kid on a positive path toward independence.

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Source: We.org Families Resource

The ADHD Witching Hour: Surviving the After-School Medication Crash

Does your child return home from school mentally exhausted, physically edgy, and starving — all at the same time her ADHD meds are wearing off? Here are ADHD expert Terry Matlen's afternoon meltdown survival strategies for parents and kids. When I talk to parents at ADHD conferences, I always say, "See the afternoon crash coming, and have a plan."

We parents know that it is a hair-raising roller-coaster ride from the time kids with ADHD get home from school until they [go to bed](#). Three o'clock is probably the toughest time of day for our kids — and the rest of our family.

That shouldn't be surprising. Kids walk through the door mentally exhausted, physically edgy, and starving — though they usually don't realize any of it. What's more, their meds have worn off, causing their ADHD symptoms to return with a vengeance — which means hyperactivity, inattention, and in some cases, earth-shattering meltdowns after school. [Click to read more.](#)



The House Tax Reform Package Proposes Eliminating the Adoption Tax Credit

Please Join Us in Fighting to Save it!

The recently unveiled House tax reform proposal, the Tax Cuts and Jobs Act, would eliminate the Adoption Tax Credit! The House tax committee is set to begin considering this legislation on Monday, November 6, and the legislation is expected to come to the House floor shortly after that.

We need your help now to Save the Adoption Tax Credit! Here is how you can help:

Quickly and easily send your members of Congress a message by visiting <http://AdoptionTaxCredit.org/Take-Action/>. Be sure to include your name, mailing address, and email address so that your members of Congress are able to respond to you!

If you have already contacted your members of Congress about this, thank you, and please do so again! If you've been waiting to make your voice heard on saving the Adoption Tax Credit, **now is the time to take action!**

Stay in touch with happenings on the adoption tax credit by visiting adoptiontaxcredit.org or following [the Save the Adoption Tax Credit Facebook page](#).

Please share this message with others who also want to fight to save the adoption tax credit.

Thank you for your advocacy to help save the Adoption Tax Credit!

'Sesame Street' Characters Are Now Teaching Kids How To Cope With Trauma

The video series is part of a **wider Sesame Workshop initiative** — which includes free online reading materials, games and activities in both Spanish and English — aimed at equipping children, caregivers and social workers with tools to help kids overcome traumatic experiences.

The project was **launched** days after the massacre in Las Vegas, the **deadliest mass shooting in modern American history**. It was released the same day that new federal survey was published showing how **almost half of all American children under age 18** have encountered at least one adverse childhood experience, or ACE, in their lifetime. ACEs are defined as stressful or traumatic events, and can include physical or emotional violence, poverty, natural disasters and terrorism.

ACEs have been linked to **“risky health behaviors, chronic health conditions, low life potential and early death,”** according to the Centers for Disease Control and Prevention. The CDC describes early experiences of children as “an important public health issue.”

Several psychologists, educators and ACE experts are listed as advisers to the Sesame Workshop initiative. One of them — Ann Thomas, CEO of The Children’s Place in Kansas — told NPR last week that she hopes the materials will help create a “sense of safety, consistency and predictability” for kids who are feeling scared and under stress, and will also empower adults to connect better with children experiencing trauma.

“I think one of the **biggest values of this material is as a bridge for adults** to take grownup issues and put them in developmentally appropriate words to help children heal,” Thomas said. “When it’s your child, you don’t want them to hurt. Sometimes we want to say, ‘get over it.’ It’s hard to be with a child in that pain.”

Learn more about the “Traumatic Experiences” initiative **on the “Sesame Street in Communities” [website here.](#)**



Promoting positive self-talk and body image in girls

by Jennifer Hull-Rogers •

The more man meditates upon good thoughts, the better will be his world and the world around him. — Confucius

When he said this, whether Confucius knew it or not, he was speaking about self-talk. Self-talk is the inner monologue we hold with ourselves throughout the day. The “mood” of this internal conversation affects how we feel about ourselves on our journey of life.

If self-talk is constructive (*I deserve this, I’ve worked hard for this, I am capable, etc.*), you feel motivated and confident. If it is negative (*I look stupid in these clothes, nothing’s going to get better, etc.*), you second guess yourself and become filled with doubt.

This inner dialogue affects our mental state. When it is positive, confidence is boosted, performance increases, stress levels go down, and positive physical health is cultivated. When it is powerfully negative, self-talk can distort our self-image and may even result in a loss of our true self.

Media and Loss of Self

In her book *Reviving Ophelia: Saving the Selves of Adolescent Girls* (1994), Mary Pipher notes that entering adolescence can make females feel powerless and confused. She describes adolescence as a potentially dangerous time when girls can be at risk of losing themselves, of shifting from a vibrant young girl to a depressed, self-critical adolescent.

Pipher believes the media contributes to this change. TV, movies, magazines, and books often portray women as beautiful creatures and nothing more. This reductive view of women has been around for centuries.

Consider Shakespeare’s “Hamlet,” a play which was first performed in 1603. When the character Ophelia falls in love with Hamlet, she tries everything to please him, but he spurns her. Rather than accepting this and moving on with her life, Ophelia kills herself. She relies on Hamlet to define her.

In so much of what they read and watch on TV, teenage girls see women whose sense of self-worth depends solely on their attractiveness to men. The messages the media sends again and again are: be attractive, but not too attractive. Don’t be too smart, or guys won’t like you. We all know girls (and women) who diet and sacrifice to try to meet the societal standards of beauty set by magazine covers.

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