

# the family knot



## Welcome!

Welcome to our newly designed Post Adoption Newsletter! We hope you enjoy it.

As always, please let us know if there are topics you would like to see covered or if you would like to submit a photo for our featured child section!

### Winter 2014 Statistics

January - February - March

13

Traditional Program Matches

125

Waiting Child Matches

80

Children Home from China

7

Children Home from Haiti

**Have you sent in a picture for our "Great Wall?"** If not, please do! We will be hanging new pictures in the month of June. Pictures should be 5'x7'.

## All About Adoptween

*Have you heard about our newest post adoption program for preteens? We've had a great first year!*



Following the success of our Adoptween and *Xpress Yourself* programs, we came to realize there were more needs in the 9-12 year old age range. This age can be a challenging age for adoption, which originally sparked the creation of our *Xpress Yourself* program 7 years ago. Children between the ages of 7-12 seem to struggle more with understanding adoption, their identities, how to handle their emotions, and what to think about family life. *Xpress Yourself*, a group therapy class, was good, but the kids wanted more!

Enter the Adoptween program. This program was not designed to be intense therapy, but rather a chance for preteens to be around others who have had similar experiences as they have, who have a lot of the same questions that they do, and also to be mentored by older adopted teens. Our two main goals with this new program were to a) connect tweens with other adopted teens and tweens and b) to have fun! Our subgoals are to address and empower children in the following five areas: family, friendship, school, identity,

culture, and self confidence.

After 7 meetings, the kids are loving the program! Making new friends, learning new things, and doing some fun projects have all been a big hit.

While this program has only been officially launched at our Colorado Headquarters office, we are already looking for ways to expand to other states. We are currently working on a curriculum and program pattern to send out to groups who would like to start their own groups. So be looking around to see who you may know that might want to participate in a group! Let us know if you are interested.

Also, any families who plan to join us for our annual CCAI Reunion on Saturday, June 28<sup>th</sup> might consider registering their tween for our Adoptween event that day from 1-4 PM. It will be a great time!

Do you have a child between the ages of 9-12? What would you like to see be part of our Adoptween program?

## Post Adoption Requirements

### China

For families receiving a travel notice after 8/1/2011, a total of six post adoption reports will be submitted to the CCCWA. Here is what is required with each report.

**1 Month:** A report written by your social worker, and a total of 8 pictures, including an individual picture and a family picture.

**6 Months:** A report written by your social worker; a copy of the Certificate of Citizenship; and a total of 8 pictures, including an individual picture and a family picture.

**12 Months:** A report written by your social worker; a Special Needs Feedback form (Waiting Child Program only); and a total of 8 pictures, including an individual picture and a family picture.

**2 Years:** A report written by your social worker; a Medical Report Form; a School Report Form; and a total of 8 pictures, including an individual picture and a family picture.

**3 Years:** A report written by your social worker; a Medical Report Form; a School Report Form; and a total of 8 pictures, including an individual picture and a family picture.

**5 Years:** A report written by your social worker; a Medical Report Form; a School Report Form; and a total of 8 pictures, including an individual picture and a family picture.

### Haiti

Currently two reports are required at 6 months and 12 months. Each report should be written by a social worker, and be accompanied by 4 pictures, including an individual picture and a family picture.



## The Tale of Two Matches

By James and Jocelyn Wrubleski

*One family shares how they spread the good news of their upcoming adoption.*

This photo was taken at a special dinner party we planned for our entire family to update them not on one, but 2 new sons coming home to their forever family. It was a wonderful surprise for everyone as they were expecting the update on one Chinese girl, not 2 beautiful boys!

We had a picture of the boys on an easel covered up at the restaurant. During dinner we uncovered the display board to reveal a photo of little Jamie! They were expecting to see a little girl's photo, so everyone was so excited and surprised to see a new little boy! Of course we were so excited we couldn't contain ourselves. A moment later we informed everyone that there was something very special about little Jamie. We said little Jamie has a twin brother coming home, too! We surprised everyone as we revealed Brandon's picture hiding behind Jamie's picture!!

It was a very joyous and emotional moment

for everyone. It was one of the most touching moments in our lives prior to their arrival. Even the staff at the restaurant was crying as they saw the surprise!

Now that Jamie and Brandon are home here in Florida, they are dearly loved by all of our family, loved more than words can explain. It is not what we have done to change their lives, but rather what they have done to strengthen and bring so much love and hope to all of us.



## Have an iPhone? Here's some adoption apps you may like!

### The Adoption App

Thinking of adopting again, or know someone who is? This app may help you keep track of paperwork and provide access to needed resources.

### Adoptive Families

This app provides access to Adoptive Families magazine, a great online and print resource for information of raising adopted children of all ages.

### iTranslate

On your way to adopt an older child who is already verbal? This translation service, which has an optional voice translator, may be just what you need!



## Why *Frozen* is so popular, and girls just can't "Let it Go."

By Heather Diaz

In November 2013, Disney released a new animated film, called *Frozen*. Perhaps unsurprisingly, it became a hit for preteens and teens, especially girls. Just ask any 8 year old girl if she's seen *Frozen*, and you are likely to hear a squeal followed by a rendition of "Let it Go." Here are five reasons this fascination remains, and might actually be good for your adopted child.

**1. The story is like real life.** Anna wants to play with Elsa, but Elsa won't play with her. *Frozen* is full of scenarios that many kids identify with and face every day. Maybe your daughter isn't making it snow in her bedroom, but there are parts of every preteen that cause feelings of shame or holding back. Seeing characters that struggle with and succeed over issues that are common for most kids is very empowering.

**2. There is no evil witch.** *Frozen* has no step mothers or witches to contend with. Instead, Elsa, the character who would normally be the evil villain, unintentionally causes problems while coming to terms with her own powers and personality. Disney doesn't ask its viewers to automatically side with a particular character, and shows different kinds of strength in Anna and Elsa. Anna has the determined spirit, the fight, and the drive that usually saves the day. Elsa, on the other hand, struggles both internally and externally with her power, blossoming and succeeding in the end.

**3. The main characters are orphans.** As is the norm in Disney films, the story begins with Anna and Elsa being orphaned. With two heroines in the story, we see the ways this impacts both girls. Anna, who was left feeling the love and support of her parents, seems almost unfazed. Elsa, on the other hand, felt stifled and somewhat rejected by her parents. Her history with her parents leads her through overwhelming perfectionism, which spirals out of control.

**4. It provides permission to be imperfect.** Many adoptees feel the pressure to be better or to be perfect, perhaps out of a subconscious fear of being abandoned again or the need to make up for a perceived deficit that allowed their parents to abandon them in the first place. Elsa seems to feel this same strain. The song "Let it Go" is a pinnacle point for the film, in which Elsa lets go of her need to be perfect. There is still work to be done to learn to be imperfect but also still in control and relationship with others, but she eventually figures it out.

**5. It has a bit of parent push-back.** It is developmentally normal for preteens and teens to find ways to separate from their parents and identify their own abilities. While there isn't much rebellion in this film, it does strike a chord as Elsa proves her parents were wrong with the much enjoyed line "the cold never bothered me anyway." Parents aren't always perfect either.

### Use *Frozen* Obsession to Your Benefit!

Ask your child about their favorite parts of the movie and why they like them.

Find out in what way your child would like to let go, and why.

Point out the ways your child is already successful on their own, and no longer need parental help.

Empower your child by sharing you have complete faith in them.

Ask your child what power they would have if they were the Elsa character in the movie. Have them draw it out if they are artistic.

Talk about what it's like to make bad choices, and how to repair things and relationships after the fact.

Just take an afternoon to watch *Frozen* for the 162<sup>nd</sup> time, belt out the songs, and generally spend some quality time bonding with your child, and enjoying the things they enjoy!





## This Issue's Featured Child

*In each issue, we love to feature a CCAI child or family! Here's the pick for this quarter.*

This little diva is Lillia from Nanchang, Jiangxi. She's been home over 6 months now! This picture was taken at White Sands National Monument in New Mexico. What a cutie!

Would you like to share a picture to be shared in our Featured Child Section next time? Send the picture and a description to [postadoption@ccaifamily.org](mailto:postadoption@ccaifamily.org). In the next issue, we'd love to feature a boy!

## Sensory Integration Activities

*Homemade Play Dough From Around the Web!*



### Standard

1 cup flour  
1 cup water  
2 tsp cream of tartar  
1/3 cup salt  
1 tbl oil  
food coloring or drink mix packet

Mix in a saucepan on medium heat until the mixture becomes a ball. Knead when cool.

<http://musingssahm.com>

### Silky

1 cup cheap conditioner  
2 cups cornstarch

Mix to the desired consistency.

[www.laughingkidslearn.com](http://www.laughingkidslearn.com)

### Stretch and Shatter

1 cup cornstarch  
1/4 cup dish soap

Mix to desired consistency.

<http://www.creativeplayhouse.mumsinjersey.co.uk/>

## Events

*Take a look at these upcoming events at our Colorado office! For information about joining us, contact Heather Diaz at [postadoption@ccaifamily.org](mailto:postadoption@ccaifamily.org).*



### Xpress Yourself

This two day event provides group art and play therapy to children 7-12.



### CCAI Reunion and Adoptween

It's time for our annual reunion! Join us for a fun day of catching up. Parents of tweens are also welcome to sign up for the Adoptween event, 1-4 PM.



For more information about our Post Adoption Department, programs, or for any questions or concerns, please contact Heather Diaz at [postadoption@ccaifamily.org](mailto:postadoption@ccaifamily.org), or (303) 850-9998 ex. 22.