

# ADOPTIVE PARENT SUPPORT

## MONTHLY NEWSLETTER



EMPOWERING ADOPTED CHILDREN TO  
OVERCOME SCHOOL CHALLENGES AND THRIVE ACADEMICALLY



### What's Inside ?

### 10 WAYS TO SUPPORT CHILDREN STRUGGLING IN ACADEMIC SETTINGS



#### Watch

Dr. Karen Purvis offers practical suggestions for educating teachers, school administrators, and other academic support persons on how to best meet your child's needs.



#### Read

Caroline Miller and Dr. Jamie Howard with The Child Mind Institute explain how trauma may present with children in academic settings and tips on managing such challenges so children can learn and thrive.



#### Listen

Education experts working with Adoption Focus explain in this podcast how school events that may be triggering of difficult behaviors for adopted children as well as ways to help children feel included and comfortable with such events.

- 1 Provide emotional support
- 2 Offer consistent routines
- 3 Encourage open communication
- 4 Implement IEPs
- 5 Promote use of coping skills
- 6 Facilitate access to resources
- 7 Foster positive relationships
- 8 Provide academic support
- 9 Promote self-advocacy
- 10 Support extracurricular involvement

## Talking to Teachers About Adoption

Encourage school personnel to use positive adoption language

Offer to make a presentation about adoption to the school

Ask your child's teacher to include adoption in lessons about families

Donate books and materials on adoption to the school

Ask teachers to make adjustments to assignments about family history

## IMPROVING YOUR CHILD'S

# School Experience

Ask your child to think in advance of how they want to respond to questions

Help your child understand the possible results of what they tell others

Offer "what if..." scenarios and practice responses with your child

Coach your child in using phrases such as "that's private"

Teach your child that it is up to them how much information to share

## Prepare Your Child to Talk About Adoption

# “RULES” FOR ADVOCATING IN EDUCATIONAL SETTINGS

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## Communicate & Ask Questions

Build trust with your child by engaging in frequent conversation and asking direct questions. This may allow them to feel safe to discuss challenges or concerns.

## Assess for behavioral changes

Maintaining contact with teachers and school officials will give you an opportunity to learn about your child’s in school behavior and how that may differ from home. This may allow you to identify problems you would be otherwise unaware of.

## Maximize conference time

Prepare for parent-teacher conferences by identifying questions that may help you understand what school is like for your child and where they may be struggling the most.

## Don’t delay getting support

Don’t wait until things get out of control before working on a plan of action with the school. Federal laws require schools to provide appropriate support for children in schools.

## Get it in writing

Request written evaluations of your student and any plans that are created to assist them in the school setting to maintain for your records.

## Meet the evaluators

Meet those who are responsible for evaluating your child to discuss results and next steps. If you disagree with the results of an evaluation, request an independent one be completed.

## Understand the IEP

Become familiar with the IEP process so you can most effectively advocate for your child.

## Monitor your child’s needs

Pay attention to your child’s personality and mood in the same way you watch for changing grades. Their academic achievement is tied to their emotional wellbeing!

***Credit: Families are Forever***

## How Trauma Affects Kids in School

*Short Article*

This article emphasizes the importance of understanding the challenges children may experience in school and implementing trauma-sensitive approaches to support these children. [Read more...](#)



## Educating Others to Help Your Child

*5 minute video*

This video provides guidance on how to effectively collaborate with teachers and other professionals to support children, especially if the child has experienced trauma or has special needs. [Watch here...](#)



## Education in Focus - Triggers

*29 Minute Podcast*

This podcast explores how certain experiences or environments can act as triggers for children, particularly those with trauma backgrounds. The discussion includes strategies for educators and parents to recognize and address these triggers effectively. [Listen here...](#)

# DEVELOPMENTAL NEEDS VS. CHRONOLOGICAL AGE

"If your child came from an institution or an abusive or neglectful family situation, he or she may not have learned some important things, such as communicating with others or expressing feelings appropriately. Playing with other children, taking turns, or just having fun may be new experiences. As a result, your child may need time to catch up to children in the same age group. If English is not the child's first language, he or she may have added delays and challenges.

You can help your child overcome such lags by using parenting strategies based on your child's developmental level, not on his or her age. For example, a 7-year-old child may need the bedtime routine of a 3-year-old. A 12-year-old may need to learn how to get along in a group of two or three friends before he or she is ready to join a larger group activity. A child who is socially behind may play better with younger children. Encourage that (with supervision). Playing with younger children will give your child a sense of confidence and teach empathy and helpfulness.

Allowing your child to learn at his or her own pace is crucial. Although others may feel you are "babying" your older child, you are simply helping him learn what he has missed. Some older children may need to learn tasks the way a younger child would. Break tasks down into small, manageable steps, so that your child will feel a sense of success and accomplishment. Let progress be guided by your child's readiness to move on to the next developmental level."

Credit: [ChildWelfare.gov](https://www.childwelfare.gov)

## WORKS CITED

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**Need additional support? Contact our post adoption team!**

