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2016

RESOURCES, NEWS & INFORMATION FOR ADOPTIVE FAMILIES IN TEHAMA COUNTY

TOGETHER on purpose

What a Fantastic Celebration!

This year's Holiday Party was a smashing success, thanks to all of you! Delicious dinner and desserts, so many crafts to make and take home, friends and family to catch up with ... and SANTA!

Everybody at Together on Purpose was honored to get to share in such an awesome tradition, to get to see many of you again and to get to meet several families that we hadn't had the pleasure of meeting before.

We hope everyone has enjoyed the photos - you should have received them by email by now, and the prints are on their way. If you or your kids had photos taken with Santa and you have not received them by email yet, it may be because we haven't figured out who some of the great pics belong to. Email us at acurry@atvrb.org or give Melissa a call at 530-838-1423 and let one of us know you're missing a Santa pic so we can get it out to you.

Thanks again for making our Holiday Season so awesome!!



It's not too late to get your Starbucks Card!


**FREE
STARBUCKS
GIFT CARD**

We only ask one small favor ...

Visit www.togetheronpurpose.org and fill out the survey to let us know what services YOUR FAMILY would find valuable. Then, fill out the contact form, and we'll send your gift card out!

Eligibility: Must be over 18. Must be a foster or adoptive parent in the Tehama County area (we're interpreting that pretty loosely, but keep in mind, supplies are limited).
One submission (and Starbucks card) per adult. While supplies last. Rules are subject to change at any time.

WHAT'S GOIN' ON? Coming Events & Activities

DECEMBER 2016

21 A Celtic Christmas
Wednesday, December 21, 7:30-10:30PM, Cascade Theatre, 1735 Market St., Redding. A favorite holiday tradition, Tomásean Foley's *A Celtic Christmas* returns to the Cascade Theatre stage with stories, music and dances that celebrate Irish culture and the giving spirit of Christmas. The evening recreates the joy and innocence of a night before Christmas in a remote farmhouse in the west of Ireland – when the neighboring families gather around the fire to grace the wintry night with the haunting melodies of traditional Irish Christmas carols, to knock sparks off the flagstone floor with fiery dances, and to fill the night with the laughter of their stories. Tickets: www.cascadetheatre.com or 530-243-8877

23 Koats for Kids (& Moms too)
Friday, December 23, 7AM-4PM, 310 Hemsted Dr., Redding. Please drop off a new coat with The Trinity Group at Morgan Stanley. All donations will benefit One Safe Place. For more information, call 530-223-4200 and ask for The Trinity Group.

JANUARY 2017

7 The Beatles: Eight Days a Week (A Ron Howard Film)
Saturday, January 7, 7-10PM, State Theatre for the Arts, 333 Main St., Red Bluff. Ron Howard's film will explore how John Lennon, Paul McCartney, George Harrison and Ringo Starr came together to become this extraordinary phenomenon, "The Beatles." The film will focus on the time period from the early Beatles' journey in the days of The Cavern Club in Liverpool to their last concert at Candlestick Park in San Francisco in 1966. Tickets: \$15 available at www.statetheatreredbluff.com

10 Fetal Alcohol Spectrum Disorder Group (FASD) (Chico)
Tuesday, January 10, 9:30-11:30AM, Lilliput Children's Services, 289 Rio Lindo

Ave. Chico. Marji Thomas, MA, CCC is facilitating this new support group, focusing on Fetal Alcohol Spectrum Disorder. The FASD Support Group will provide general information, resources, referral information and provide a supportive circle for you and your family. Please join us every month for this new and informative support group. For more information, contact Alice McKee, MSW- 530.828.8731 AMcKee@Lilliput.org.

12 Attaching in Adoption
Thursday, January 12, 9AM-4PM, Government Center Board Chambers, 915 Eighth St, Marysville. Presented by Ce Eshelman, LMFT. What is Trauma Informed Care? We will examine what makes an experience a "trauma" and how such experiences create styles of relationship interactions, core beliefs about the self and others and impairment in typical child development. Learning Objectives: Learn the 7 areas of impairment in children resulting from complex trauma exposure; Learn 4 styles of attachment; Recognize signs of disrupted attachment in children and in the family; Learn core beliefs of securely attached and insecurely attached children. **About the Trainer:** Ce Eshelman, LMFT, attachment specialist and founder of The Attach Place Center for Strengthening Relationships in Sacramento, CA, has been in practice since 1987. Learning from the best minds in the attachment field—Dan Siegel, MD, Bruce Perry, MD, PhD, Bessel van der Kolk, PhD, and others—she works every day with adopted children and their parents. Raising her two adopted children into adulthood has given her the insight, humor, and hard-earned wisdom to speak with authority and love. Ce recently authored, *Drowning With My Hair On Fire: Insanity Relief For Adoptive Parents*. **Who should attend?** You if you are a relative caregiver, guardian, foster parent, adoptive parent, of children from difficult beginnings, maltreatment, neglect, trauma, attachment breach, drug exposure, difficult pregnancy or brain trauma. Continental Breakfast & Lunch Provided. **Pre-registration Required:** call 530-879-3861 or search for the event on EventBrite. Coordinated by Sierra Forever Families and the California Department of Social Services.

17 Together on Purpose Network & Resource Group

Tuesday, January 17, 3:30 - 4:30PM
NEW LOCATION: Alternatives to Violence Counseling Center, 20 Antelope Blvd., Red Bluff (on the corner of Antelope Blvd. & Rio St., in the same complex as the Copy Center). Come meet with professional therapist Scott Howell, MFTI and other Tehama County adoptive families for support, networking and resource sharing. **Free childcare provided on-site.** All adoptive families welcome. For more information, call 530-727-9423 or email acurry@atvrb.org. **We look forward to seeing you there!**

More Resources for Adoptive Families:

Support Groups:

Yuba, Sutter, Colusa, Glenn Counties

For Support Groups held in Yreka, Mt. Shasta, Orland or Sacramento contact Leslie Damschoder at 530.879.3861

Butte County Post Adoptive Services

Support Group, Drop in Assistance, WRAP Family Support Group ... For info, call Miko: 530-209-0817, Heather: 916-475-7198 or Deborah: 530-896-1920

Education:

Sierra Forever Families

Seminars on topics like Attachment, Understanding Poverty, Understanding Trauma, and more. Leslie Damschoder 530.879.3861

The Attach Place

Center for Strengthening Relationships
3406 American River Drive, Suite D
Sacramento, CA 95864
ce@attachplace.com (916) 403-0588

An Older Child's First Christmas HOME

by Martha Osborne

For those who are experiencing the joy of the Christmas or Hannukah season for the first time with your older (above age 4 years) child, I want to share a small piece of advice that I, and countless others, have learned along the way:

This holiday is going to be different.

It doesn't matter if you have adopted younger kids before, because they didn't 'get it'. It doesn't matter if you are the Parent of the Year with your birth-children, and you think you have got it all figured out. I'm begging you....**get ready.**

There are those of us who have had years of parenting experience before adopting an older child. We also were incredible, capable and of course completely prepared. HA! We are all now on secret facebook groups sharing stories and wishing we could both communicate the absolute joy of parenting these kids...and the very real need for "first time parents of older-adoptees" to open their minds and accept a little advice.

Get ready to hear this from your older adoptee this holiday season:

I want, I want, I WANT! I WAAANNNTT THAT MOMMY!

With the constant barrage of advertisements and television commercials aimed at children year round and especially through the Holiday season, a child's first Christmas home can be a little more stressful than her family may have anticipated.

Often, having had to survive a number of Holiday seasons wondering if they would ever have the experience of purchasing gifts for a son or daughter, many new adoptive parents are at risk of overwhelming and indulging the new child in the family.

Do you see yourself here?

Children who have previously experienced extreme deprivation may seem to have a never-ending list of toys and gifts they want and expect. Many adoptive parents struggle with their sincere desire to please their child and to experience the joy and excitement of giving their long-awaited child the fullness of their heart's desire. But what is truly in the child's best interest?

Having gone through a tremendous amount of work and preparation to become parents, adoptive parents are clearly up to the challenging task of achieving a healthy balance. Traditions,

like cookie baking, visiting friends, and decorations placed in the same place year after year, will be long remembered after that plastic toy has broken or been thrown away.

The best gift you can give your first older adoptive child is: **LESS.**

Emotionally, give more. Decorate your home, take late night drives through neighborhoods with bright lights, sing carols, celebrate family in every way possible.

But remember: If you have other children, your newly adopted child will not measure gifts in expense (there is absolutely no concept of cost), but in number.

S-L-O-W Down on Christmas morning. Take turns opening gifts, admiring each one, and absolutely make sure that the new child has the same *number* as the other children.

And please know this...it won't always matter. Every parent of an older adoptee is so thrilled to see the present opening and of course there is an emotional 'kick-back' that they are expecting. Some parents, unfortunately, become displeased...they may not get the 'appreciation' that they may have been unconsciously expecting. The child isn't 'grateful' for the gifts.

But ask yourself this: Did they enjoy the cookie baking? The carols? The walks through the park with all its lights in splendor? For these kids FAMILY and GIFTS are separate.

When thinking about what to give your newly adopted child, remember that traditions are the foundation that you will build on. Make her first Christmas home the one she will remember for a lifetime.

Take many digital photos and have them developed during the season. Allow older children to take photos and add them to the new photo album

Decorate together, being mindful that fragile items might be saved for a later year, as the excitement of the season will make children sometimes careless. Don't let a broken object ruin this joyous season.

[Editor's Note: This article was written from the point-of-view of a parent whose child was adopted from overseas. Together on Purpose realizes that the readership of this newsletter is comprised primarily of families adopting through foster care, and that some passages may not directly apply to your experiences. If you have tips or advice for other families in situations similar to your own regarding holidays we would love to hear them and would love to include them in next year's holiday newsletter. Please submit them at www.togetheronpurpose.org using the Contact Us form.]

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An Older Child's First Christmas Home

(Continued from Page 3)

- Spend time with friends and family, but remember that too much stimulation can completely overwhelm a child who has grown up in another culture or in an orphanage. Their behavior may not be as you would hope, and it is important to have a Plan B in place for a new adoptee. A quiet place the child can be alone with a parent when things are too overwhelming.
- Help your child to compose a card or letter to their former orphanage. This is a wonderful time to send a small donation to the orphanage with recent photos of your child. Allowing your child to draw a picture, send stickers, etc is very empowering and beneficial. Often, you will be very touched by what they wish to send and the letters that they write.
- And finally,
let the word FLEXIBILITY be your mantra!

Remembering the less fortunate:

If your child has been home for more than 6 months and has the language skills, it is important to incorporate helping the less fortunate immediately into your traditions. Most orphanage-raised children do NOT believe there are children in the USA that are poor or who do not have families. In addition to sending a donation to your child's orphanage (a common practice for adoptive parents), finding a way to help children within their new country gives your child a sense of charity, community involvement, and simply helps to form good character.

With a bit of forethought and mindfulness, encouraging an emphasis on remembering less fortunate children instead of getting the latest must-have toy really is possible.

One quick way to help other children is to search the RainbowKids Get Involved! Area (www.rainbowkids.com). Within this area several charities have listed their needs and ways that you may assist the children who still wait.

By enjoying your child and sharing time together during the holiday season remembering the less fortunate, you will

help develop values and memories which will endure a life time and carry through to their own parenting

About the Author:

Martha Osborne is the founder and Executive Director of the RainbowKids Adoption & Child Welfare website. Over several decades of advocacy for vulnerable children and orphans, her focus on finding real-world solutions to the growing issue of children living out their childhoods in group homes, foster-care, and orphanages has led to Child Advocacy Model implementation and the collaboration of local, state, and global organizations.

This work has brought together national and international advocacy groups who share the belief that children need to grow up in families. Recognizing that there are no one-size-fits all solutions for children living outside of family care, this network uses various methods to bring hope to children, including strengthening the original (birth) family, providing sponsorships for education and medical needs, advocating for adoption, training care-takers, and educating families.

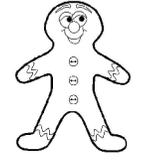
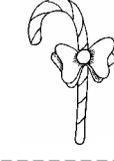
Martha is an adoptee, and mother to five children who entered her family through adoption at various ages and from difficult beginnings. With time, love, dedication, therapies, prayer, and a few bumps and struggles along the way, those five children have grown into vibrant young people and adults.

For more great articles and resources, be sure to visit www.rainbowkids.com!

This article was reprinted with permission from from Rainbow Kids Adoption & Child Welfare Advocacy.

DIY (Do It Yourself) Christmas Gift Tags

First, color these handy gift tags. With an adult's help, cut them out and use them on gifts this Christmas!

To: From:		To: From:		To: From:	
To: From:		To: From:		To: From:	
To: From:		To: From:		To: From:	

BOREDOM BUSTERS

Christmas Tree Maze

Can you find your way from the base of the tree all the way to the star?



Build-a-Snowman!

1. Color 2. Cut 3. Glue



LOL!

Q. What do you call a cat on the beach at Christmastime?

A. Sandy Claws!

Q. What did the Gingerbread Man put on his bed?

A. A Cookie Sheet!

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It's **STILL** not too late to get your ...
FREE STARBUCKS GIFT CARD

See inside for details!

Alternatives to Violence
1805 Walnut Street • Red Bluff, California 96080

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