

OCTOBER 4, 2016

5 IDEAS TO HELP YOUR TEEN WITH IDENTITY CHALLENGES IN ADOPTION

By Kenna Shumway

If I remember correctly, teenagerdom is two parts hot mess, one part angst, and one part praying to survive it. I would venture a guess, and this is pulled from my own personal experiences, that every teenager goes through some type of identity crisis. I'm also pretty sure this is a hallmark experience during most individual's teenage years. However, being an adoptee can add to this crisis. Being an adoptee brings many unique situations and issues to an already intense time in a child's life.

As a stepparent adoptee, I went through a very tumultuous adolescence phase due to identity challenges stemming from my adoption. From these experiences, I have constructed five ideas that can help your teen (and you!) with identity challenges in adoption. [READ 5 IDEAS](#)

MORE ON ADOPTION & IDENTITY

[Helping Your Adopted Teen Develop an Identity](#)

HELPING YOUR ADOPTED CHILD MAINTAIN A CULTURAL CONNECTION

By Kate Bayless

Transracial adoption, the process of adopting a child of a race or ethnic group other than your own, has grown dramatically in the last two decades. The U.S. Department of Health and Human Services' most recent National Survey of Adoptive Parents found that nearly half of adopted children have a parent who is of a different race, ethnicity, or culture than the child. The key to helping your child stay connected to his heritage, says Casey Call, Ph.D. at Texas Christian University, is starting early and finding a variety of ways to introduce the child's birth culture. [VIEW 10 IDEAS](#)

MORE ON CULTURAL CONNECTIONS

[Transracial Parenting in Foster Care and Adoption](#)



IFAPA'S FALL CONFERENCE

OCTOBER 28 & 29 | MARRIOTT HOTEL - CORALVILLE

A2 (Friday Workshop)

DELAYED LAUNCHING TO LAUNCHED: ADOLESCENT IDENTITY FORMATION STAGE AND EXTRA CHALLENGES FOR THE ADOPTEE "Who am I?" This question adolescents begin exploring is now all of a sudden complicated for adoptees. This tumultuous time is compounded for the adoptee due to having to navigate between two worlds. Family relationships become strained with fear creeping in, wondering if the attachment bond will prevail. We will discuss types of adolescent identity formations, which are areas that become especially difficult for an adoptee. A framework will be shared with parents as a monitoring tool evaluating their child's progression. We will also discuss parenting approaches and techniques to aid your child through the adolescent "stuck spots".

Presented by: Yvette Saeugling, LISW (Social Work CEUs)

D3 (Saturday Workshop)

LOVE IS ALL YOU NEED? (CULTURALLY RESPONSIVE PARENTING) This interactive workshop will encourage foster and adoptive parents who have fostered or adopted transracially, to consider the importance of culturally responsive parenting. This training will educate participants on the impact of living in a racialized society for people of color and allow participants a chance to explore their cultural competence. Participants will leave with ideas of how to increase their cultural responsiveness.

Presented by: Tammera Bibbins, MSW (Social Work CEUs)

LEARN MORE AT THE FOLLOWING LINKS:

[VIEW CONFERENCE BROCHURE](#) [REGISTER ONLINE](#)

8 THINGS

YOU CAN DO WHEN YOUR CHILD IS

BELLIGERENT

By Dr. Laura Markham - Aha! Parenting

When children are having a hard time, their feelings usually explode at the people with whom they feel safe -- Us! It's natural for us to get angry, reprimand, tell them to behave, or send them off to calm down. But when kids act rude and belligerent, they aren't trying to give us a hard time. They're trying to send us an SOS.

If we respond by yelling, threatening, or sending them away to "calm down," we shut the door they've opened, and leave them to struggle on their own. Of course, your child's belligerence might look more like a mine field than an open door! But it's the best she can do at the moment, and who ever said parenting was easy? Here's how to find your way through that minefield to connect with your child and stop the drama.

1. Remind yourself that your child is sending you an SOS. Naturally, you get triggered when your child is rude to you. If you can take a deep breath and stay calm, you're modeling a critical skill for your child: self-regulation. Kids learn much more from what we do than from what we say. If your default tone is respectful, that will be your child's default tone as well.

CONTINUE READING

OTHER GREAT READS!

25 Ways to Make Kids Safer (at Home, Out and About and Online)

(Source: National Center for Missing and Exploited Children)

Personal Safety On and Off-line (Conversation Starters with Kids/Teens)

(Source: National Center for Missing and Exploited Children)

What is Child Traumatic Stress?

(Source: The National Child Traumatic Stress Network)



Becoming familiar with the language sex traffickers use can help you identify victims. Here are words you should know and the meaning behind them.

- **Branding** — A tattoo or carving on a victim that indicates ownership by a trafficker/pimp/gang.
- **Daddy** — The term a pimp will often require his victim to call him.
- **Date** — The exchange when prostitution takes place, or the activity of prostitution. A victim is said to be "with a date" or "dating."
- **Family/Folks** — The term used to describe the other individuals under the control of the same pimp. He plays the role of father (or "Daddy") while the group fulfills the need for a "family."
- **Kiddie Stroll** — An area known for prostitution that features younger victims.
- **Lot Lizard** — Derogatory term for a person who is being prostituted at truck stops.
- **Reckless Eyeballing** — A term which refers to the act of looking around instead of keeping your eyes on the ground. Eyeballing is against the rules.

[VIEW ALL THE TRAFFICKING TERMS](#)

FOSTER CUB COLORING BOOK

Designed specifically for children ages 4 to 12 years old, the Foster Cub Has Questions About Foster Care coloring book helps children understand the foster care system by encouraging children to ask questions and share their feelings.

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