



SPECIAL POINTS OF INTEREST:

- Discover fun — and therapeutic — summer activities.
- Learn about the SED Waiver changes
- Read all about the Warrior Moms' Pajama Party.
- Get tips for making the most of your summer from an adopted youth.
- Connect with PARC on Facebook, Twitter and Pinterest.

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Summertime Fun That Develops Skills

By: Maggie White

It seems like kids count the days down to summer vacation. Instead of sugarplums, maybe they have visions of beaches and free time dancing in their heads. Yet with all the wonderful things there are to do during summer, it doesn't take long until parents hear the first real sound of the season: "I'm boooored!"

You can fight off those summertime blues with the clever activities found on our Pinterest site. (Not following us yet? Go to www.pinterest.com/parcjudson)

Many of these activities are easy and inexpensive to set up — most use items you may already have around the house! What's more, these activities have

therapeutic benefits to help with sensory integration, building empathy, bonding, social skills, anger control, and more. But if



Have your kids cool down with frozen paint cubes. Photo: 123homeschool4me.com

you play your cards right (or should I say 'play your games right') your kids will never

suspect it's therapy. Instead, it's just something new to make summer fun and it's certain to silence the cries of "I'm bored!"

Sensory Input:

- **Frozen paint cubes.** Mix some dry tempura paint with water and freeze in ice cube trays (fun shapes are a bonus). When the paint is frozen, let your little Picassos paint on butcherpaper or cardboard. Just don't be surprised when some of the paint ends up on them! Maybe have a lawn sprinkler handy for cleaning off your kids! The cold, creamy texture of the paint offers good sensory input on a warm day,

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SED Waiver Expands to Adopted/Guardianship Kids

Previously limited to children in the foster care system, the Severe Emotional Disturbance Waiver (SED Waiver) is expanding to include children who were adopted from the Michigan child welfare system or are in a guardianship placement. The SED Waiver provides an additional source of funding that helps families secure the assistance and resources they need for their child.

To qualify, children must meet clinical eligibility

criteria as determined by the local Community Mental Health Services Provider and must reside in one of the current 37 SED Waiver counties.

The Post Adoption Resource Center will continue to learn about this expansion and how it may help families who have adopted from the Michigan child welfare system or are legal guardians of a child. If you have questions or would like to explore whether your child may be eligible for this program, please contact us.

Warrior Moms



Tracy Kapusansky at the Warrior Moms event.

The Post Adoption Resource Center was pleased to attend the Warrior Moms' Pajama Party hosted by Healing Complex Kids. The weekend long retreat held on May 17th and 18th gave moms of children with diagnoses such as ADD/ADHD, RAD, sensory issues and autism spectrum disorder an opportunity to learn, connect with other moms, and get a little pampered. Several moms who have worked with the Post Adoption Resource Center attended the event.

and vendors, PARC had a table set up so we could talk to moms and let them know how PARC might be able to help strengthen their families. Attendees were also treated to guest speakers, healthy meals with a focus on gluten-free, casein-free foods since that is a priority for many families attending the event, makeovers, yoga, outdoor walks and a bonfire. Plus, each attendee was given a goodie bag with a Warrior Moms t-shirt, homemade soap and some fudge!

Complex Kids was very excited to host our first Warrior Moms' Pajama Party and enjoyed the opportunity to meet so many wonderful women. We appreciated the chance for women to get pampered, learn new information and most of all connect with other women who "get" what it's like to have a complex child." Healing Complex Kids is already discussing next year's Warrior Moms event and looking for ways to expand this opportunity. After all, all moms need to take a little time to care for themselves!

Along with other services

Julie Cadman of Healing Complex Kids said "Healing

PARC Program Manager, Tracy Kapusansky, with some of PARC's resilient and dedicated Warrior Moms.



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Summertime Fun, cont.



Don't fall off, kids!
Photo:
amightygirl.com

a piece of webbing (you can purchase special slackline webbing or you could substitute with almost anything — even a jump rope) and anchor it between two stable objects. Think wobbly balance beam, but low to the ground. Kids will have a ball trying to walk the rope and they'll never guess they're working on their gross motor skills, too.

- **Kid in a bubble.** There's nothing better for developing social skills that some non-competitive team building. Fill a kiddie pool with bubble solution and set a hula hoop inside. Then let kids take turns standing in the hoop while others lift it up and build a bubble around them.

You can find links to instructions for these activities and more on our Pinterest board — www.pinterest.com/parcjudson

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- **Slackline.** If you want your kids to get some fresh air, this slackline is sure to keep them busy for hours. You simply tie

Go Camping!

For some more summer fun, consider attending the Foster and Adoptive Family Camp in Jerome, MI from July 25th-27th. Contact maggie_white@judsoncenter.org for a brochure and registration form.

Youth Corner: Making the Most of Summer

By Hadassah Albert

Summer means late nights, no school, and lots of ice cream. But is that really all that summer should be about? Here are some things you can do to make the most of your summer.

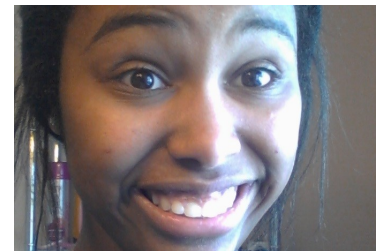
Family activities. Summer is a great opportunity to spend time with your family. Whether it's going to the beach, movies, or making the front lawn look good, it's all great for family bonding.

Summer jobs. We all need a little cash. Getting a summer job — if you're old enough, of course — is a great idea. It keeps your summer productive and it also earns you something extra in your pocket.

Books. In the summer, I usually take advantage of free time and read. You'd be surprised how many books you can get through in a short amount of time during the summer. Reading keeps your mind active and stimulated.

Summer is my favorite time of the year. I have come to realize that yes, summer is a time to relax, but not a time to waste. Don't sit in front of the TV, wasting your summer away, because before you know it, it'll be time to head back to school. Do something productive and see how you can make the most of your summer.

“Summer is a time to relax, but not a time to waste.”



Hadassah Albert, 17

Connect With PARC

For resources, news, inspiration and up-to-the-minute information about PARC events, you can connect with us online.



Search for Judson Center PARC



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To:

PARC, Helping One Family at a Time
www.parc-judson.org



PARC Adoptive Family Support Meetings

Jackson County

This support group meets the first Tuesday of every month at the Salvation Army on Pearl St. from 6:00 p.m. to 8:00 p.m. Dinner and kids' activities will be provided. For more information or to RSVP please email Jennifer_Pedley@judsoncenter.org.

Genesee County

PARC's newest support group meets the second Tuesday of every month at Ennis Center in Flint. Meetings run from 6:00 p.m. to 7:30 p.m. Dinner and kids' activities are included. For more information or to RSVP please email Maggie_White@judsoncenter.org.

Washtenaw County

Join PARC and other adoptive families at this meeting held on the third Thursday of every month at Judson Center's Ann Arbor location from 6:00 pm to 8:00 pm. Dinner and kids' activities are provided. For more information or to RSVP email Jennifer_Pedley@judsoncenter.org.

Berrien County

The Save Our Sanity (SOS) Support Group meets on the third Thursday of every month at the Seventh Day Adventist Church in Stevensville from 6:00 p.m. to 8:00 p.m. Please RSVP to Thomas_Lopez@judsoncenter.org or 8timesblessed@gmail.com.

Macomb County

This support group meets the fourth Wednesday of every month at Judson Center's Warren location. Running from 6:00 pm to 8:00 pm, we'll provide dinner and activities for your kids. For more information or to RSVP please send an email to Maggie_White@judsoncenter.org.

For a complete list of upcoming events, please visit www.parc-judson.org/Calendar