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Judson
Center

100
YEARS

ISSUE 51 • SUMMER 2025



NAVIGATING SUMMER BREAK WITH KIDS IMPACTED BY TRAUMA

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SURVIVING Summer

Summer break is an exciting time for kids, but it can be stressful for parents. Maintaining a structured routine, planning events and activities, and managing children's boredom as the summer progresses can all pose challenges. The shift from a school routine to a more relaxed summer schedule can also be especially hard for children who have experienced trauma.

Here's a summary of tips from [Creating a Family](#) to help make the summer months easier for children impacted by trauma. For more detailed advice, visit the full article on [Creating a Family](#).

1

Acknowledge the challenge

- Remember that transitions, like moving from school to summer break, can be difficult for children impacted by trauma.

2

Create ceremonies

- Establish clear end-of-school-year and start-of-summer rituals to help children navigate transitions effectively.

3

Build a buffer

- Allow a few days of downtime between the end of the school year and the start of summer activities to help children adjust.

4

Set a routine

- Develop a new, reasonable summer routine that provides consistency and predictability. To feel safe, children with trauma need predictability.
- Get kids' buy-in by discussing changes they can expect and asking what matters to them in the summer routine.
- Create a visual schedule for younger children.

5

Create summer traditions

- Plan regular summer activities and events that children can look forward to and rely on during the months ahead. *(Continued on p. 3)*

- Consider designating certain days of the week for specific activities. For example, Mondays are for going to the pool. This looser structure still allows for daily routines.
- Ask kids what three things they'd like to do this summer to show you're listening and trying to meet their needs and hopes, too.

6

Use the buddy system

- Pair older and younger children together during outings to build trust, reinforce a sense of safety, and reduce anxiety.
- This system can also help to increase or improve sibling bonding.

7

Leverage what you know

- Use your knowledge of what motivates and comforts your children to plan activities that will help them feel safe and successful.

PARC also suggests planning early to create an end-of-summer tradition and scheduling a few days to relax as a family before transitioning back to school.

GIVE YOURSELF A BREAK

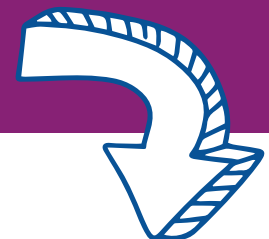
As you juggle keeping kids regulated and entertained this summer, remember to be gentle with yourself. Things don't have to be perfect, and the unexpected is bound to happen. So, adjust expectations for your kids and yourself. Go with the flow when the unexpected arises, laugh when you can, and make memories along the way. Remember that some of the funniest family memories can occur when things go wrong.

Take time to recharge when you can as well, even if it's only in small increments of time. Enjoy an ice cream cone, repeat a mantra like "Summer isn't forever," ask for help when needed, and remember it is okay to say "no" if your family is getting invited to too many events.



READY FOR RESPITE?

If you need a break this summer, respite may be available. If your child has adoption medical subsidy, 12 units of respite are available per quarter. Need help verifying if you have medical subsidy or with getting respite? [Contact us](#) or the [AGAO office](#).



✧ Grow a *Garbage Garden*

Enjoy this low-cost indoor or outdoor activity that lasts all summer long. Kids and teens plant leftover fruits, vegetables, or seeds. Then, they care for their gardens daily and watch them grow. They'll learn responsibility, calm their emotions, and feel a sense of pride when it's time to harvest their crops.

If you'd like a head start and want to be sure your kids see results, grape and cherry tomato plants grow easily. The kids will have plenty of tomatoes to pick and enjoy, too.

Learn more:

- [Garbage Gardening for Kids](#)
- [Garbage Gardens](#)



Photo Designed by FreePik

"A garden is a friend you can visit any time."

-Anonymous

Free Online Training



Creating a Family Code:
JBFS**tr**ong

CASE Code:
JOCKEY25

Through the generous support of Jockey Being a Family, over 45 webinars are available free of charge to adoptive, foster, kinship, and guardianship parents. There's a wide array of topics to select, and entering the coupon code provided on the site eliminates the fee.

The webinars are hosted on two sites that are also filled with helpful resources: Creating a Family and The Center for Adoption Support and Education (CASE.) CASE offers a free webinar each month, sponsored by Jockey as well.



Build connections and
get support from others
who truly understand!

What are people saying about PARC?

"These people are my tribe. This support group has helped me get through so many things."

"I never felt judged, only supported."

"My experience was wonderful; our worker was a huge help to us. We truly appreciate all of the support!"

"Our PARC worker has been a true blessing to our family. Their kindred spirit helped me through a difficult time."

For a complete list of events, resources,
and more, visit www.parc-judson.org

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Region 5 Phone

734-794-2988

Counties Served:

Barry, Branch, Calhoun,
Eaton, Hillsdale,
Ingham, Jackson,
Kalamazoo, Lenawee,
Livingston, Monroe, St.
Joseph, Washtenaw

Region 6 Phone

810-732-8510

Counties Served:

Genesee, Huron,
Lapeer, Sanilac,
St. Clair, Tuscola

MONTHLY SUPPORT GROUPS



BETTER TOGETHER

First Monday of every month
6:30 - 8:00 pm on Zoom

ADOPTIVE FAMILY CONNECTIONS

July 9th and August 6th
12:30-1:30 pm
Zoom and in-person in Flint

ANN ARBOR LUNCH AND LEARN

Second Monday of every month
12:00 - 1:30 pm
In-person in Ann Arbor

PARENTING TEENS

Third Wednesday of every month
12:00 - 1:30 pm on Zoom
*Participants are welcome to leave
early, if needed*

To register or for questions,
contact *Somer Vickery* at
(810) 732-8510 or email
Somer_Vickery@judsoncenter.org

