



**SPECIAL POINTS OF INTEREST:**

- Helpful tips for preparing to go back to school
- PARC services to cover more adoptive families
- End-of-summer activity ideas, including geo-caching
- New support groups being offered bi-monthly in Brighton

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## Heading Back To School

By: Jonathan Albert

It's that time again! Summer seems to fly by (at least for our kids!), and before we know it, the back-to-school supply lists arrive in our in-boxes. I have found that the more I can schedule and prepare things in advance, the better outcomes I have in a variety of events life has to offer. So with that in mind, please allow me to share some strategies I have found help transition kids from summer back to school.

### 1. Sleeping in and staying

**up late** is a summer routine for many kids. To help transition kids to an early morning rise, start to change their wake and sleep times a few days or even a week before school starts. A tip some parents have learned is to

plan an exciting activity with their children that requires them to wake up early. This event will trigger the kids to be ready for bed at an earlier time so that the routine begins to change in a less stressful way.



*"...the more I can schedule and prepare things in advance, the better the outcomes I have..."*

**2. Some parents with children that require medications** for cognitive diagnoses will take them off the meds for the summer. I have a son that takes Adderall, which severely affects his appetite and sleep habits, so for the summer when his complete concentration is not regu-

## PARC Service Expansion Starting September 15th

We are pleased to announce that our PARC services are expanding! Even more families will be able to receive assistance and support. Starting in mid-September, families who adopted **internationally or privately** will be eligible for PARC services! The family must have lived in Michigan when the adoption was finalized. If you know any new families who can now be aided by PARC, please feel welcome to pass our contact information along to them. If there are families who don't meet these criteria, but

whom you think could benefit from attending one of our support groups, please feel free to invite them. Our support groups are open to any adoptive family!

Additionally the PARC will now be offering annual **conferences** for adoptive families! We are already in the planning process of our first one. If you have training topics you'd like to see on the agenda, please send them to [tracy\\_kapusansky@judsoncenter.org](mailto:tracy_kapusansky@judsoncenter.org).

# Youth Corner - Going Back To School



Leeza Kapusansky

By: Leeza Kapusansky

My name is Leeza Kapusansky. I am in 9th grade. What I would suggest for school is making sure you have all the materials that your teachers or you think you might need, because in the long run you will need them.

Always make sure that if your teacher gives you home-

work, you do it. Do NOT procrastinate because it will affect you. One of the most important things that you need to know is that if you don't get something to always feel free to ask a teacher or a parent or guardian. When you come to a test or quiz, you will not know how to do it if you don't. Don't feel like you are any less smart than any-

one. Some people need a little more explaining, that's all.

One thing that I found helpful was a school sport to get a break and relax from always being stuck in school for a long time. Lastly make sure you stay out of friend "drama", in school and out, because it may cause you stress and to lose focus.

I hope you have a good year!

## There's Still Time for Summer Fun!

By: Julie Miller, PARC Intern

As the end of summer heads our way, there's still time to sneak in end-of-summer activities before crisp fall days arrive.

If there were things that didn't make the summer schedule, it's not too late to try to fit something in—even if it has to be changed a bit. Did you hope to go camping but couldn't make it to the campgrounds? Try gearing up and heading into the wilds of your backyard! Tents (or make-shift tents), sleeping bags, flashlights, and even S'mores quickly microwaved and dashed out to the yard are still lots of fun. Imagination helps, so be sure to ponder if the noise from the neighbors' yard is their beagle or perhaps a gigantic moose looking for a snack!

As the summer season closes and the off-season approaches, places like theme parks and

summer destination locales may offer discounts. Be sure to inquire as sometimes good things do come to those who wait!

Creating a scrapbook of summer memories is a crafting idea that can help your kids remember all the good times they had over the summer. It's also a calming, indoor activity they can work on in the evenings to help transition them from busy summer nights to indoor evenings when homework will be heading their way once again.

Finally, a free, fun, family friendly activity is geocaching—and late summer and early fall are fantastic times of year for it! Geocaching is an outdoor treasure hunt completed with GPS. When a zip code is entered on the app or website, users are given the GPS coordinates of a hidden box called a "geocache." Then it is your job to hunt it

down and find the treasure!

Once you find it, you can take an item from the box and leave one in return for another geocacher.

If you have a smartphone, you can download the free Geocaching Intro app from Groundspeak to get started. You can also visit the geocaching website directly to learn more at [www.geocaching.com](http://www.geocaching.com). The site provides GPS coordinates that can be entered into any free GPS app or system, too. Signing up for a free account will allow you to display all the geocaches your family has found and show the world what amazing treasure hunters you are!

*Note:* Geocaching may involve some hiking or going into wooded areas, so it is best to go with your children. Some caches will also be marked for those who can't walk far distances so they can still hunt, too!

**Going geocaching?  
It's a good idea to  
pack bug spray,  
bottles of water,  
and a first-aid kit  
when going on your  
hike to find hidden  
treasure!**

# Back To School, cont.

larly needed, he goes without his medication. Doctors recommend starting medications again at least a week before school starts so that children's bodies can adjust to the effects of the medication again.

**3. Schedule every appointment** you can well in advance so that your child does not have to miss a day of school. The easiest time to schedule a child's next dental appointment or med check, is when you are leaving the dentist's or doctor's office. I have been getting better at doing this, and because I scheduled a year in advance, I have my four kids' next dental visits in August, the first appointment of the day, with two cleanings at a time. Talk about a time savings! My son's next med check is in late August, just before school begins. There are many fewer schedule conflicts and I'm likely to get the appointment times I want when I schedule six months or even a year in advance.

**4. Shopping** is one of the few things I wait to schedule as close to the start of school as I can. Styles change and clothing costs enough without paying for something that is no longer

"cool" to wear. Also, most stores will have school supplies at their cheapest right before school starts. Just make sure and reserve enough time in your schedule to get it all done.

**5. If your child is going to participate in sports**, he or she will probably need a sports physical. Your student will not be allowed to play or even practice without one. The last thing you want if for him or her to get behind the other students right away. Many schools will schedule a day when a health professional will come to the school and give low-cost or even no-cost sports physicals. There is a form that will need to be filled out. You can usually find this on your school's web-site. Keep in mind that most insurances will only pay for one physical per calendar year.

**6. Visiting your child's school** is an excellent idea, especially if the child is transitioning to a new building or campus. Many schools have an orientation day prior to the first day of school. If you miss this day, schools are usually very accommodating to parents who call to schedule a different time to orient themselves and their children with the school.

**7. Decide in advance** how your children are going to get to and from

school. Are they close enough to walk? What about on cold and/or rainy days? Can you carpool with neighbors? Some children are nervous about any change in their schedules, so preparing them ahead of time for this change can often help.

**8. What extra-curricular activities** might your student be in this year? Cheerleading? FFA? Basketball? Most schools have a variety of sports and activities that will help stimulate your child and teach discipline. Don't wait until school starts to buy equipment or clothing they may need. Schedule it before school starts, if possible, so your child's sizes are available and you have more time.

**9. If your child** will be picked up after school, what should the child do if you are not there on time? What if you are 5 minutes late? 30 minutes late? 2 hours late? If the child rides the bus, what should he or she do if you are not there as expected? Life happens: a flat tire, late meeting or even an accident. Make sure your child knows what to do and/or who to call just in case. Update any emergency information with the school, and arrange with a neighbor or friend to pick up and/or take care of your children until you can get there.



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# PARC News

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## PARC Region 5

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## Support Groups, Trainings & Resources in Region 5

### Brighton Adoptive Family Support Group!!

Meets at The Commons in the 242 Community Church, 7526 Grand River Ave., Brighton, MI 48114. Next meeting will be August 25th. **Beginning in September, this group will meet on both the 2nd and 4th Tuesdays of the month!** Find support and education for both adults and youth as kids 9 & above will have a support group of their own. Childcare for kids under 9 is provided. Bring a dish to pass if you are able. To RSVP, contact [Tracy\\_Kapusansky@judsoncenter.org](mailto:Tracy_Kapusansky@judsoncenter.org).

### Fabulous Foster and Adoption Group

PARC has joined together with the Fabulous Foster and Adoption Group for a once a month meeting in Washtenaw County. This group meets on the first Monday of the month at Summers-Knoll Elementary School on 2203 Platt Rd. in Ann Arbor from 6 - 8 p.m. Bring a dish to pass and enjoy conversation over dinner from 6 - 6:30. After dinner, the adults meet while the older kids join PARC staff for a special youth group meeting in the art room. Childcare is offered for younger kids. There is a nominal fee for childcare. For more information or to RSVP please email [Tracy\\_Kapusansky@judsoncenter.org](mailto:Tracy_Kapusansky@judsoncenter.org).

### Kalamazoo County Support Group

PARC and the Adoptive Family Support Network co-host this parent group in Kalamazoo County on the 4th Tuesday of each month. The meetings run from 6:30-8:30 p.m. at St. Ambrose on 1628 East G Avenue in Parchment. For more information or to RSVP email TC at [Thomas\\_Lopez@judsoncenter.org](mailto:Thomas_Lopez@judsoncenter.org) or Shelley at [sgarcia@afsn.org](mailto:sgarcia@afsn.org). RSVP is required for child care.

**For a complete list of upcoming events, please visit [www.parc-judson.org/Calendar](http://www.parc-judson.org/Calendar)**