

POST
ADOPTION
RESOURCE
CENTERS



Judson
Center

100
YEARS

ISSUE 48 • FALL 2024



IN THIS ISSUE

Back to School Tips • P. 2

Fall Resources • P. 2

Yummy Fall Recipe • P. 3

Adoptee Spotlight • P. 3

PARC Events & Info • P. 4

**HOW TO HELP KIDS
WITH THE BACK TO
SCHOOL TRANSITION**

BACK TO SCHOOL *Reminders!*



*School is
Back in
Session!*

The weather is changing, and the kids are back in school! Some children are excited to go back, and others have different feelings about it. Returning to school can bring out many emotions in children and parents. As if returning to school isn't hard enough, some children face extra changes when they start at a new location. This happens to children who are adopted or are in guardianship when they begin school in a new place.

Whatever your family situation might be, we want to offer a few tips to help you make the transition of back to school easier on your children:

1. Talk to your child, let them express their feelings, and reassure them that it will be okay and they will do great in school!
2. Attend the open houses and meet their teachers and at least one friend in their class
3. Arrange play dates so they can get to know their friends better
4. Have a good relationship with their teacher (s) and remain in contact with them throughout the school year
5. Update IEP/504 plans to ensure they meet your child's needs
6. Help your child stay organized with activities and assignments
7. Have your child meet with the school counselor or social worker if they need additional support
8. Ask your child how their day was and reflect on the positive things that happened!

6 HELPFUL LINKS

for planning a successful school year!

- [7 Ways to Create a Stress-Free Morning Routine](#)
- [6 Powerful Ways to Tame Back-to-School Anxiety](#)
- [A Guide to Working With Schools on Behavior](#)
- [School Support & Resources for Adoptees](#)
- [Michigan Alliance for Families](#)
- [Michigan Special Education Mediation Program](#)



FRIED APPLE RINGS

The perfect fall treat of battered fried apple rings dipped in cinnamon sugar



[CLICK HERE
FOR THE
FULL
RECIPE](#)

PREP TIME: 15 MINS

COOK TIME: 2 MINS

- 3-4 large apples
- Oil (for frying)

For the Batter:

- 1 cup flour
- 1/4 tsp baking powder
- 1/4 tsp salt
- 1/2 tsp cinnamon
- 2 TBS white sugar
- 1 cup buttermilk
- 1 large egg

For the Cinnamon Sugar Coating

- 1/2 cup white sugar
- 1/2 tsp cinnamon



Nicole Richie

ADOPTEE *Spotlight*

Many people are aware that Nicole Richie is the daughter of the iconic singer Lionel Richie, but fewer know that she was adopted, like other notable figures such as Steve Jobs, Faith Hill, and Marilyn Monroe. Nicole, a fashion designer and reality TV personality, was adopted by Lionel and his then-wife, Brenda, at nine. Originally named Nicole Camille Escovedo, her biological parents are Peter Michael Escovedo, a musician who had a brief touring stint with Lionel, and Karen Moss, who worked as an assistant to Nicole's aunt, Sheila E., a singer, drummer, and collaborator with Prince. When Nicole was just four years old, her birth parents decided to let her live with Lionel and Brenda due to their financial struggles.

What are people saying about PARC?

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

"My PARC worker helped to keep me from jumping off the ledge many times. 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."

"The Dad's Group was a great way for dads to connect and see they are not the only dads out there."

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

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810-732-8510

POST
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MONTHLY ONLINE SUPPORT GROUPS



FABULOUS FOSTER & ADOPTIVE PARENTS

First Monday of every month
6:30 - 8:30 p.m.

To register, contact:
parc_5@judsoncenter.org
or 734-794-2988



ADOPTIVE FAMILY CONNECTIONS

First Thursday of every month
7:30 - 8:30 p.m.

To register, contact:
Somerville_Vickery@judsoncenter.org
or (810) 577-4067

