

## Your Pediatrician's Role in Supporting & Communicating About Adoption

The American Academy of Pediatrics (AAP) now has policy calling upon pediatricians to become informed about adoption, to share their knowledge with adoptive families, and to advise and assist the families with various challenges related to adoption. An educational article posted on American Academy of Pediatrics' website ([www.aappolicy.aappublications.org](http://www.aappolicy.aappublications.org)) provides an overview of such issues as:

- children's developmental understanding of adoption
- racial and cultural differences
- kinship adoption issues
- communication with children about adoption

The article can also serve as a review for adoptive parents and a primer for extended family, friends, teachers, and respite providers. Contact ORPARC for a printed copy.

## Help Your Kids Kick the TV Habit!

A new longitudinal study examining TV habits from birth to adulthood confirms previously established correlations between excessive childhood TV watching, and such health risks as smoking, obesity and high cholesterol. (The Lancet, 7-16-04). The American Academy of Pediatrics recommends children's TV time be limited to NO MORE THAN 2 hours a day.



## Adoption Awareness in the Schools

ORPARC continues to partner with parents in outreaching to school personnel about adoption issues. Please contact us to obtain a packet of material, which includes the video "Family Diversity in the Classroom: The Adopted Child," to present to your local teacher or school.



# The Journey

Oregon Post Adoption Resource Center (ORPARC)  
Centro de Recursos Posadoptivos de Oregon

*Assisting families on their lifelong journey. Apoyando a las familias durante el transcurso de sus vidas.*

Volume XXI

Fall 2004

ORPARC is a program of Northwest Resource Associates

## November is Adoption Awareness Month Three Statewide Adoption Conferences

Co-sponsored by ORPARC

### Northwest Adoptive Families Association 2004 Adoption Conference

Saturday, October 30, 2004 ♦ 9:00 a.m. to 4:30 p.m.  
Double Tree Hotel at Lloyd Center, Portland  
Call 503-243-1356 or visit [www.nafaonline.org](http://www.nafaonline.org) to register

### Keynote speaker: Dr. Joyce Maguire Pavao National Adoption Expert

Dr. Joyce Maguire Pavao is the founder and CEO of Center for Family Connections, Inc. in Cambridge, MA. Dr. Pavao has received many awards and honors, and has written "The Family of Adoption." She states that her most valuable credential is that she has experienced life as an adopted person and she has love and great respect for both her birth and adoptive families.



### Shoulder to Shoulder Conference Working Together for a Healthier Tomorrow

Thursday, November 4, 2004 ♦ 8:30 a.m. to 5:00 p.m.  
Double Tree Hotel at Janzten Beach, Portland  
Keynote speaker: Marcia Lowry of Children's Rights, Inc.  
Visit <http://dhstraining.hr.state.or.us> to register

### Adoptive Families of Lane County 3rd Annual Adoption Conference

Saturday & Sunday, November 13/14, 2004, Eugene  
Call 541-344-1599 to register

## Congratulations!

25 therapists have completed the PSU Post Graduate Certificate Program in Adoptive Family Therapy! These therapists serve the following counties:

Clackamas, Coos, Jackson, Josephine, Lane, Lincoln, Marion, Multnomah, Umatilla, Union and Washington

Contact ORPARC or your local DHS to obtain the names of the certificate holders. The second year of the Certificate Program is beginning this month. Visit our website at [www.orparc.org](http://www.orparc.org) and click the announcement.

## Recursos en español

No se olvide que hay varios recursos en español en nuestra biblioteca. Si se desea uno de nuestros entrenamientos en español, por favor avisenos. O si desea asistir a cualquiera de nuestros entrenamientos, se le ofrece interpretación. Simplemente avisenos con dos semanas de anticipación. No dude en comunicarse con nosotros por cualquier de sus asuntos.

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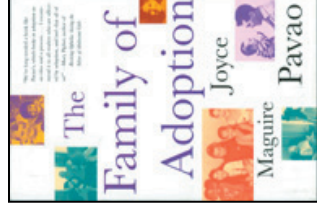
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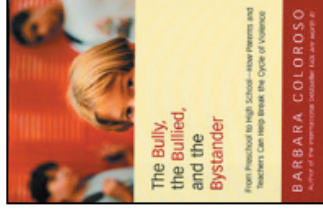
## Book Review: *The Family of Adoption*, by Joyce Maguire Pavao Review by Nina Yates, ORPARC volunteer



So far, Joyce Maguire Pavao's book, *The Family of Adoption*, is the best book on this subject that I have read. As an adopted daughter from a family which is no where near as eager to discuss adoption as openly as I like to, I am always searching for a book that could break the ice without being too psychological or *out there*. This just might be that book. Pavao introduces new ideas, which may be difficult to consider for the first time, with compassion and clarity.

In the preface, Pavao shares her own story as an adoptee and acknowledges her bias. She is most interested in the best interests of the adopted child, not just at the moment when the child leaves one family for another, but for that person's entire lifetime. The first two chapters discuss the importance of understanding all the parents, birth and adoptive. As a family-systems thinker, Pavao talks about how important it is to see the parents' needs and concerns clearly since their impact on the adoptee is so powerful. The next chapter explores the experience of the adopted child and demonstrates that there are predictable and understandable developmental stages for all adopted people. Pavao shows us why adoptive parents must come to understand these stages as normal – though challenging – for adoptees. The epilogue details recommendations made in response to President Clinton's *Adoption 2002*, an initiative to move America's children out of foster care and into permanent homes. Pavao shares her hopes for a new consciousness about adoption and its impact on our nation in the new millennium.

## Nip Bullying in the Bud



**Bullying** – repeated verbal, physical, or emotional harassment – is not merely an unavoidable childhood rite of passage. Bullying is harmful to both its victim and its perpetrator. According to recent research, “there is good reason to be concerned about kids who are bullied, particularly those who are picked on consistently.”<sup>1</sup> Studies show bullied kids have an increased risk of depression, anxiety, low self-esteem, migraine headaches, and suicidal thoughts. And “bullies” do not fare much better, with higher likelihood of antisocial or violent behavior. In fact, both groups are at risk for criminal justice involvement or mental health issues.

**Don't Ignore Bullying.** Take immediate action if your child is being harassed, or is reported for bullying behavior. Solicit the collaboration of teachers, school counselors, and your family support system.

**Take preventative action.** Ask your school to undertake a bullying prevention program.

### Resources:

**Department of Health and Human Services** has initiated a national campaign – “Take A Stand. Lend A Hand. Stop Bullying Now!” Visit <http://stopbullyingnow.hrsa.gov/index.asp>. This is a kid-friendly interactive website with tips on “what kids can do” and “what adults can do.”

### ORPARC resources:

- *The Bully Stops Here*, from Child Welfare League of America (photocopied, non-return article);
- *The Bully, The Bullied, and the Bystander: from Preschool to High School – How Parents and Teachers Can Help Break the Cycle of Violence* (library book)

<sup>1</sup> *The Bully Stops Here*, Children's Voices, Child Welfare League of America, Mar/Apr '04, p11.



## New in the Library

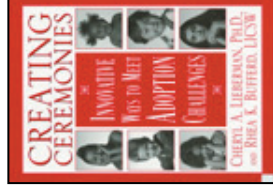
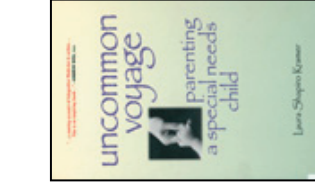


### Books for Parents

- 📖 Adoption is a Family Affair! What Relatives and Friends Must Know
- 📖 Adoption Resources for Mental Health Professionals
- 📖 At Home in This World
- 📖 Building A Model Adoption Program
- 📖 Does Anybody Else Look Like Me?
- 📖 Empowering the Black Family
- 📖 Freeing Your Child from Anxiety
- 📖 Handbook of Infant Mental Health



- 📖 Handbook of Attachment: Theory, Research, and Clinical Applications
- 📖 Off Road Parenting: Practical Solutions for Difficult Behavior (*DVD included*)
- 📖 Psychological Assessment of Sexually Abused Children and Their Families
- 📖 Strengthening Resources and Decreasing Stressors in Adoptive Families



- 📖 Systemic Parenting: An Exploration of the Parenting Big Picture
- 📖 Transracial Adoptive Parenting: A Black/White Community Issue
- 📖 Uncommon Voyage: Parenting a Special Needs Child
- 📖 Wasn't Love Supposed To Be Enough? Biographies of a Long-Term Adoptive Parent Support Group and Services for Adoptive Families
- 📖 What Children Need When They Grieve
- 📖 Your Child's Growing Mind



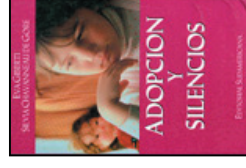
### Children's Books

- 📖 The Coffee Can Kid
- 📖 Henry the Hermit Crab
- 📖 Sam's Sister
- 📖 We See the Moon
- 📖 We're Different, We're the Same

### Videos

- 📺 Assessing a Family's Ability to Adopt Transracially
- 📺 Characteristics of Successful Adoptive Families
- 📺 The Impact of Transracial Adoption on the Adopted Child and the Adoptive Family
- 📺 Parenting Tasks in Transracial Adoptions
- 📺 Special Needs of Minority Children Adopted Transracially
- 📺 Understanding & Helping Adopted and Foster Children with Emotional Problems

### Materiales en español



#### Libros para padres

- 📖 Adopción Y Silencios
- 📖 Cómo evitar que sus hijos consuman drogas
- 📖 Hijos del corazón: Guía útil para padres adoptivos



#### Libros para niños

- 📖 Historia de una gaviota y del gato que le enseñó a volar
- 📖 Niños Como Yo
- 📖 La gran Gilly Hopkins

Los materiales que figuran en esta lista componen una muestra de lo que hay en la biblioteca. Si usted desea saber de todos los materiales que hay en español, favor de llamarnos al número 503-241-0799 o 1-800-764-8367 y preguntar por “Miguel”, o puede mandar un correo electrónico a [orparc@nwresource.org](mailto:orparc@nwresource.org) con su pedido, o siempre puede visitar nuestro sitio de Web de [www.orparc.org](http://www.orparc.org), presionar “Library” (Biblioteca), “Recursos en español”, para obtener una lista completa.