

REACH

Resource • Education • Advocacy • Crisis • Intervention • Hope

Aspiranet and State of California Post-Adoption Support



Welcome spring!

This quarter's newsletter is all about Parental Resilience and is well matched to the season. Just as the flowers and trees begin to grow, so can you grow strong as a parent. In everyday language, Parental Resilience is about building inner strength. This protective factor looks like self confidence in your parenting role, the ability to manage negative emotions, solve problems, having hope and taking care of yourself! Life can be stressful and make parenting difficult. Building parental resilience helps every parent to manage stressors and keep a positive attitude about their child(ren). We hope you find the articles in this newsletter helpful and educational for your parenting journey!

Take care,

The REACH Team- Sandra, Tara and Linda

State Spring 2021

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The real things haven't changed.

It is still best to be honest and truthful;

to make the most of what we have;

to be happy with the simple pleasures;

and have courage when things go wrong.

Laura Ingalls Wilder

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Resiliency in Parenting

by Marsha Baker, MSW

Let's face it. Parenting can be stressful. The everyday challenges that come along with parenting children can be downright overwhelming at times. How well that stress is managed is determined by a parent's capacity for resilience. Parental Resilience is one of the five protective factors for creating a strong family. Resilience is the ability to recover or "bounce back" from the adversities that emerge in every family. Parents with resilience can move forward, even when things are not going well. It can be characterized by 3 things: Finding ways to solve problems, building and sustaining trusting relationships, and knowing how to seek help when needed.

The ability to solve problems requires flexibility, sometimes creativity, and always persistence. We know that all problems are not equal and some have easier solutions than others. Some challenges, like parenting a child with a history of trauma, will require more inner strength than perhaps finding someone to watch your child while you go to work. When a parent is faced with a life stressor or multiple stressors at one time, like lack of finances, health issues, and behavior issues with children, etc., the problems can appear to be insurmountable. However, resilience has very little to do with the problems you are facing, and everything to do with how you manage them. Every time a parent is faced with a challenging situation and finds a healthy way to cope, their resilience is being strengthened. This gives parents confidence and the ability to face the next challenge with a little more tenacity.

Having strong relationships strengthens our ability to be resilient when faced with parental challenges. Building and sustaining trusting relationships require attention and intention. We have to be intentional about the attention we give to the relationships in our lives. Forming strong attachments with our children, other family members, and friends require that we give of ourselves and allow them to give unto us. These relationships not only provide support and give us a purpose to continue to move forward during times of stress, but it also allows parents to model resilience for their children. Demonstrating resilience has a positive impact on parenting and children learn how to manage stress and solve problems more effectively.

Sometimes, to solve a problem, you have to know when it is time to seek help. We all need help sometimes. There is no way you can do it all, all the time, without

some assistance. Seeking help can be very hard for some people who view it as a weakness or a flaw. In actuality, the ability to acknowledge when you need help requires strength and can be very empowering for a parent. It may be as simple as applying for unemployment when you lose your job, or it can be as complicated as seeking help with parenting when you have tried everything that you know to do. Regardless of the issue, whether it is related to parenting, finances, mental health, substance abuse, etc., knowing when to call in reinforcements and accept help will build upon your resilience and ability to overcome hardships.

We know that stress is an inevitable part of parenting. Parental resilience is essential in managing that stress more effectively, which in turn will produce more positive outcomes and teach your children what to do in times of adversity. Sources:

Be Strong Families®

<https://www.bestrongfamilies.org/>

Center for Family Strengthening

<https://cfssl.org/five-protective-factors/>

Activity: Ways to Build Parental Resilience

By Jade Yang, MSW

Parental resilience is how a parent manages the everyday challenges and stressors of life while caring for children. Parents with resilience know how to seek help in times of need and have effective ways of managing their own emotions while responding to a stressor, which ultimately serves as a model of self-regulation and problem-solving for their children. Parental resilience is not measured by a parent's ability to solve problems, but rather, by their inner strength to proactively nurture relationships and meet the needs of their family. There are many ways to build or increase your parental resilience:

- **Take care of yourself.** Engage in activities that bring you joy and that you find relaxing, even if it is only for brief moments throughout your day. It is equally important to know when you need a

break and to permit yourself to take breaks. Before parents can care for anyone else, they must start by caring for themselves.

- **Accept change and uncertainty.** Change and uncertainty are a normal part of life and are unavoidable. Often our stress lies in unrealistic expectations and fighting things that are beyond our control. Actively engage in differentiating between the things you can control and the things you cannot.
- **Establish structure and family routines in your home.** The structure provides a sense of security and comfort when children and families know what to expect. When a crisis arises, structure can help to reduce the chaos or disorganization that often comes with it.
- **Make and maintain connections.** Seek out new relationships with others who understand your experience. Invest in your current relationships with close family members and friends who can support you in future times of need.
- **Be open to learning.** There is always room for growth as a parent and as an individual. This will require your willingness to change your perspectives, and keeping an open mind about learning new ways of parenting or looking for opportunities for personal development.

Clip it & Post it:

Taking care of yourself is good for you and for your kids. You can't pour from an empty cup.

Be kind to yourself. No one is a perfect parent, and some days will be better than others.

Give your kids positive attention, share moments of joy and laughter, and help them explore their own feelings.

Structure is good, but so is flexibility!

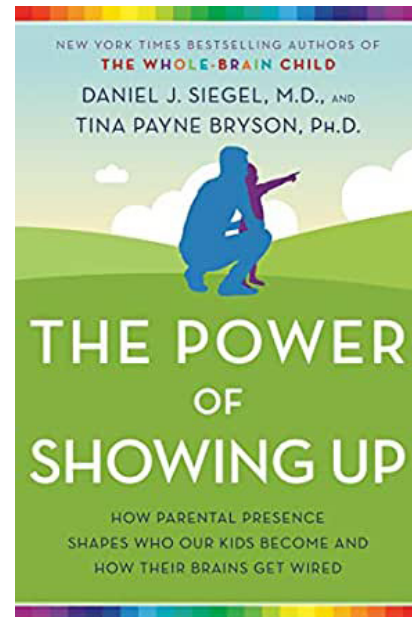
Stay connected, and help your kids stay connected to the important people in your lives.

<https://www.beststrongfamilies.org/>

Book Review

By: Marva Bourne, DMFT, LMFT

The Power of Showing Up: How Parental Presence Shapes Who Our Kids Become and How Their Brains Get Wired by: Daniel J. Siegel, M.D. and Tina Payne Bryson, Ph.D.



Introduction

In this book, Daniel Siegel and Tina Payne Bryson answer the question, “*What’s the single most important thing I can do for my kids to help them succeed and feel at home in the world?*” It focuses less on what skills and abilities you want to build in your children but instead focuses on how you can build a better parent-child relationship. The first protective factor—Parental Resilience—is very obvious, as it focuses on building and sustaining relationships. This protective factor says, “No one can eliminate stress from parenting, but a parent’s capacity for resilience can affect how a parent deals with stress. Resilience is the ability to manage and bounce back from all types of challenges that emerge in every family’s life. It means finding a way to solve problems, *building and sustaining trusting relationships with your own child*, and knowing how to seek help when necessary.” The writers admit that parenting is a complex and challenging process and show that the answers to most questions on parenting depend on the age and stage of the child, thus highlighting the importance of another protective factor—Knowledge of Parenting and Child Development. The authors explain that most parents

worry about whether or not they are doing enough for their kids. They stress that instead of worrying, “*Just show up.*” They claim, “Showing up means what it sounds like. It means being there for your kids. It means being physically present, as well as providing a quality of presence. Provide it when you’re meeting their needs; when you’re expressing your love to them; when you’re disciplining them; when you’re laughing together; even when you’re arguing with them. You don’t have to be perfect. You don’t have to read all the parenting bestsellers or sign your kids up for all the right enrichment activities. You don’t have to have a committed co-parent. You don’t even have to know exactly what you’re doing. Just show up.”

According to the authors, “showing up empowers the parent and builds resilience and strength in your child.” They claim that longitudinal research on child development demonstrates that one of the very best predictors for how any child turns out—in terms of happiness, social and emotional development, leadership skills, meaningful relationships, and even academics and career success—is whether they developed securely from having at least one person who showed up for them.

What Showing Up Looks Like: The Four S’s

As I read this book, I realized that predictable (not perfect) care for a child will lead to the best outcomes for that child and that predictable care supports healthy and empowering relationships. The authors encapsulate this “predictable” care into four S’s—helping kids feel:

- **Safe**—They feel protected and sheltered from harm.
- **Seen**—They know you care about them and pay attention to them.
- **Soothed**—They know you’ll be there for them when they’re hurting.
- **Secure**—They trust you to predictably help them feel “at home” in the world, then learn to help themselves feel safe, seen, and soothed.

Scientific Framework

There are two areas of research that are the foundation for this book. They are attachment science and interpersonal neurobiology (a combination of various fields of science on the study of the mind and mental thriving). The authors explain neuroplasticity, or the ability of the brain to adapt to new experiences and information, reorganizing itself and creating new

neural pathways. They demonstrate that your reliable presence in the lives of your children can significantly impact the physical architecture and connectivity in their brain, creating mental models and expectations about the way the world works. They emphasize that the experiences you provide in terms of your relationship with your child will mold the physical structure of her brain.

Attachment and Parenting

A large portion of the book explains in great, yet simplified detail, the relationship between our childhood attachment patterns and how this relates to how we parent. The authors help the reader make the connection between their childhood attachment patterns, parenting tendencies, and their child’s wired assumptions and how these interrelate. The reader gets a good understanding of his life, where things may have gone wrong, and develops insight and empathy. The authors claim, “Where abuse or neglect is present, something very wrong is going on in the parent in either what has been learned or what has become a strategy of relating to others, in which empathy and compassion are severely disengaged and how this affects our parenting abilities.” These statements build hope as we realize that “it’s never too late to reflect on what may have gone on in our own lives and then begin the repair process” allowing care for ourselves to emerge which would later translate in care for our children.

Summary

I find that the authors did an excellent job at breaking down the scientific material so that the average parent can understand the relationship between the brain, attachment, neuroplasticity and how this affects our children’s understanding and expectation of the world around them. The focus on predictable parenting, not perfect parenting, and how just showing up as parents can make a difference in the outcomes our children will experience is also a key point. My take away from this section of the book is that when parents consistently show up, their children’s minds come to expect that the world is a place that can be understood and meaningfully interacted with—even in times of trouble and pain. And that showing up creates in our children’s neural pathways that lead to selfhood, grit, strength, and resilience.

Virtual Parent Education and Support Groups

April

26 5:30 pm - 7:30 pm

28 3:00 pm - 5:00 pm

May

24 5:30 pm - 7:30 pm

26 3:00 pm - 5:00 pm

June

28 5:30 pm - 7:30 pm

29 3:00 pm - 5:00 pm

Flyers will be sent before each group with topics and Zoom links to join the meeting.

Spring Training

Please join us for our annual training! Watch for flyers with more details!

Topic: When Attachment and Independence Collide

Trainer: Allison Davis Maxon, M.S, LMFT

When: May 20th & May 27th 10am-11:30am

Where: Via Zoom

NEED HELP? Is your child exhibiting any of the following behaviors?

- Frequent running away
- Sexualized behavior
- Post traumatic stress disorder
- Aggressive/assaultive behavior
- Oppositional/defiant behavior
- Self-injurious behavior
- One or more hospitalizations in a Mental Health facility
- Substance use disorder
- Fire starter
- Minor criminal behavior
- School behavior/truancy problems
- Beyond control of parents and or primary care adults
- Mild Developmental disorder not recognized by a Regional Center

If so, we can help! The REACH program can connect adoptive or guardianship families to services that can help. Some of the services available to your family include Aspiranet Wraparound. Aspiranet Wraparound provides high-risk youth and their families an alternative to group home care. Wraparound is a family-centered, strength-based, needs-driven philosophy promoting the reestablishment of at risk youth and families into community support systems.



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Gavin Newsom, Governor

**California Department of Social Services
Adoptions Services Bureau
Fresno Regional Office**
1330C E. Shaw Ave., Fresno, CA 93710
(559) 243-8200
www.childsworld.ca.gov



REACH Post-Adoption Support Services

REACH offers services in Madera, Mono, Mariposa & San Benito Counties:

Monthly Educational/Support Groups – Monthly meetings where families are able to receive education/training and meet other adoptive families in the community. Please check with each respective site to learn if licensing or certification hours are provided.

Quarterly REACH Newsletter – Quarterly newsletters filled with adoption articles, local trainings, book reviews, on-line resources and more.

Educational Workshops and Trainings – A variety of workshops and trainings are made available in Madera and San Benito Counties.

REACH Library – The REACH library is open and available for book review and check outs during the monthly support groups or by appointment.

Case Management – REACH clients are provided with information, resource referral or other assistance as needed. Although Case Management Services are generally provided via telephone, special arrangements for face to face case management can be arranged.

Crisis Counseling – Crisis intervention is available. Please contact our REACH staff for this support.