

# UTAH'S ADOPTION CONNECTION

CHILD AND FAMILY SERVICES

Kevin, age 8 is waiting...

*Photograph taken by Linda Boyd*

# UTAH'S ADOPTION CONNECTION

CHILD AND FAMILY SERVICES

QUARTERLY DCFS NEWSLETTER



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November 2006  
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If you are interested in any of the waiting children you see in this publication, please contact  
The Adoption Exchange for more information at 801-265-0444.

# Our Adoption Option

By: Dawn Farr, adoptive parent

When all you ever wanted to do when you were grown up was be a Mom, it seems so unfair when you see pregnant women (some of them teenagers) and families and you experience terrible grief and sorrow because you don't have the same. Although it is difficult for those privileged women to truly understand the depth of the pain that this situation causes there is a wonderful thing in our world today called "adoption". For my husband, Eric, and I this was the road we chose because we felt strongly that our kids were anxious to come to earth to begin their mission here and if we couldn't get them here then they would find another way down and would find us.

Our road to parenthood started on September 4, 1996 when we were married. We both knew that we wanted a family although there was no particular number of children we wished to have we just knew that we had a lot of love to offer a child and we would be happy to have at least one. We waited a year before we decided to start trying to conceive. I had my own doubts about my ability to

get pregnant due to I had been expe- years which turned when it wasn't hap- sad about it. We and were particu- Day and Father's desperately wanted When you do not want them so des- celebrate parent- painful. We had recently adopted such a wonder- consider it as an



We were not com- of going through er coaster ride of Although it took a get my husband to idea of adoption we it and see what hap-

that interested in the idea of raising "somebody else's child", but it has been recently clarified in my mind to me as this: "These children our not really OUR children anyway. We are all "somebody else's child", Heavenly Father's. They are only on loan to us. He is in charge and He knows where He wants His children raised and He will make that happen."

One night while spending an evening with my cousin and her husband who had recently had a 4 year old boy placed with them through the State they began to tell us their story. They told us of the benefits that were available for families who adopted these special kids who had been through so much in their short lives. We were intrigued. It was shortly thereafter that we began the process of becoming licensed foster parents with the intent of adopting. We spent the first year after being licensed waiting for a phone call telling us that we were needed as foster parents, but the call never came. Not until I began to be more proactive about my desire to be a mother did things start to happen for us. I began checking out the Adoption Exchange website for kids who were available for adoption. I also began to research, study and read anything I could get my hands on the subject of adoption and attachment disorder so that I could empathize with children in foster care. I wanted to be able to make a positive impact in their lives and help them heal from the trauma they had experienced that brought them into foster care in the first place.

After a couple of tries and a lot of praying, we were finally called about a couple of little girls who were ages 2 & 3 at the time. I honed the skills I had learned over the past year and a half of research and classes and discovered that I actually had learned things that really work with the troubled kids. After 14 months of giving them our all and being told by the caseworker that there was a strong possibility that the mother's rights would be terminated, the girls were sent home when their mother had made the minimally

some symptoms that riencing for several out to be PCOS. So pening I began to get both struggled daily larly sad on Mother's Day because we so a family of our own. have children and perately the days that hood are particularly some friends that had and it seemed like ful thing we began to option.

fortable with the idea the expense and roll- infertility treatments. little convincing to come around to the finally decided to try pens. Eric wasn't all

acceptable progress that the State requires. The girls left our home a few days earlier than we had hoped because they were excited to be back with their mother permanently—I don't blame them, really. We had hoped to have some time to pack up their things and give our friends and family and ourselves time to say "goodbye", but it just wasn't meant to be. This experience was incredibly painful for us and really caused us to rethink our plans of adopting through foster care. We felt used and abused. We needed a fresh start so we rented another home in a remote area of Utah County and began to regroup. We began to look into trying to adopt again but this time we were set on getting an infant. I felt that after all we had been through that we deserved a brand new baby. So, we began the process of going through LDS Family Services to get that baby.

Then one day, by divine intervention, Heavenly Father sent an angel to me. I became acquainted with a very special lady to whom I had happened to mention that we were working on adopting. She said "You should go through the State, it's the best way". Well, this was the answer to my prayers. She and I became fast friends and more like sisters and I owe my eternal gratitude for her being in the right place at the right time. I now knew without a doubt that this was the way for us to go. The problem was going to be convincing my husband to take one more chance. I had still been in contact with our Resource Family Consultant who had mentioned that she occasionally got notices from Salt Lake about kids that were legally free for adoption. She told us that Salt Lake has a lot of kids and the Utah County has a lot of foster parents so they have made it possible to Utah County parents to get Salt Lake kids. She said that we would have to be approved for an out-of-region placement but that she would be happy to send along the emails that she got. We decided to give it another try.

Mother's Day in particular was especially brutal for me because emails had been coming from different kids. But no pictures, no descriptions of the kids, their situations. The first time I read one that were our kids. The woman I had been looking for printed out the photos and showed them to my husband and I. The next morning I called our Resource Family Consultant and told her what we had decided. She said we needed to get a group and needed to realize that there was a chance the youngest would stay there home he had known for so long. But, I was assured it was a packaged deal and I was ecstatic! I asked her if she would just call up to Salt Lake, tell them that we will take them and said tongue in cheek "Can they just drop them off this afternoon?"



May 2002 was particularly brutal for me because emails had been coming from different kids. But no pictures, no descriptions of the kids, their situations. The first time I read one that were our kids. The woman I had been looking for printed out the photos and showed them to my husband and I. The next morning I called our Resource Family Consultant and told her what we had decided. She said we needed to get a group and needed to realize that there was a chance the youngest would stay there home he had known for so long. But, I was assured it was a packaged deal and I was ecstatic! I asked her if she would just call up to Salt Lake, tell them that we will take them and said tongue in cheek "Can they just drop them off this afternoon?"

It took a little more work than that. I was very proactive in this endeavor. I requested letters of recommendation from friends and family and put together a book with a letter from us, the letters from our friends and family and several scrapbook pages with pictures and hand delivered them to the caseworker and the Guardian ad litem. It finally paid off and we were selected as their adoptive family the end of June. We got to meet them for the first time on our oldest son's birthday and they moved in with us 4 days later. At that time the kids' caseworker told us that 'mom' was pregnant and due anytime but that she had disappeared and they didn't know where she was. If she was ever reported to DCFS again and that baby was brought in we would be interested in taking that baby too? We said "Yes!" Over the two years since that conversation I had always kept that child in the back of my mind and had prayed that somebody would look out for her and keep her safe until we could find her.

A thought came to me one day to see if I couldn't find a way to trace our kid's biological lines. I got on the internet and tried to track down "mom" since I did have some information to go on. But, I wasn't having any luck. Then one day the call that I had been waiting and praying for came. It was a caseworker from DCFS telling me that they had found my youngest son's little sister. They wanted to know if we were interested in taking her for foster care. Without hesitation I said "YES!" What came next was the greatest miracle of my life "Oh, and "mom" is pregnant and due in March..." before she could finish her sentence I said "We'd love to take them both!" I think she was shocked and I know that the little girl's shelter parents were amazed that I was so willing to take her on without having to take some time to think about it.

The end of January we first met with the caseworker to sign all of the foster care paperwork and then made arrangements to meet Nevaeh. The plan was that we would meet her one day then bring the kids back on Saturday then pick her up the following day and bring her home. So, we met her and she was beautiful! There was no doubt that she was the little sister of our kids---she looked like all three of them all rolled into one. When Saturday came, we took the kids to meet her. We went with the shelter family to McDonald's to eat and to play. When it was time to go home we took her back to her shelter home and told her we would be back to get her the next day. But she was having nothing to do with that idea at all! She was coming with us RIGHT NOW and she was not taking "no" for an answer. We brought her home and she settled right in, just as if she had always been ours.

Three weeks later we got word that the baby had been born and arrangements were made for us to go and pick her up. She was just 2 days old when we brought her home. She was born exposed to drugs (Crystal Meth) and alcohol and she was a little 'jittery'. Other than that she was perfect! And she has been a joy and a thrill since the moment we laid eyes on her. We were told from the beginning that there was a chance that the baby would be placed in kinship placement with her biological father's family pending a hearing on the following Monday. We took a deep breath and set our minds to just enjoy her while we had her, always a little on edge that the dreaded phone call would come telling us that she was leaving us. But, that call never came. Once we got through the hearing which terminated the birthmother's parental rights we were able to relax and give her a name that means something to us, Chloe Michelle (after my husband's favorite aunt and his sister, whom she shares a birthday with). The family did exert a lot of effort to come up with a solution that would not include 'losing' her. Little did they know that not only would they not truly lose her, but they would actually gain 5 more!

During the process that comes with foster care, I got the opportunity to get to know and come to love our baby's biological family (her father's family specifically). They were the answer to our prayers because they were the people that Heavenly Father sent to take care of Nevaeh until the time was right for her to join her brothers and sister in a family that would be together forever. With the finalization of our adoption and sealing them to us in January 2006 we not only gain 2 daughters but we gain a mom/grandma, 5 aunts, 2 uncles (one of which is her biological father) and lots of cousins. We also gain more people who love our kids unconditionally and who will fight tooth and nail to protect our kids from any harm. What a blessing that is!

Her biological Aunt Michelle wrote a poem for me about this experience. I feel that it captures the essence of what our relationship with that family has become.

### *No Longer A Foster Mother*

*She came to them with no guarantee.  
The thought that she may lose these two babies.  
The family united and took her in.  
A new found friendship to begin.  
The children are growing and happy today.  
You truly are a mother in a much better way.  
They will not know drugs or neglect.  
They will live a life that will not be wrecked.  
These baby girls will know that they have love.  
God answered silent prayers from up above.  
Thank you for being my friend so dear.  
Thank you for giving my nieces a life without fear.  
sweet nieces of mine.  
I will never be far behind.  
Michelle McCarty, 2005*

The only scary thing with all of this is that "mom" is still very young, 25. There is a possibility that she could give birth to 10 more kids! Since we have all of the other siblings we would be the first in line for any future children and I must say that I would be hard pressed to say "no". But, we will take it as it comes. Until then we continue to pray that she will get the help that she needs to get control of her life and turn it around before it's too late.

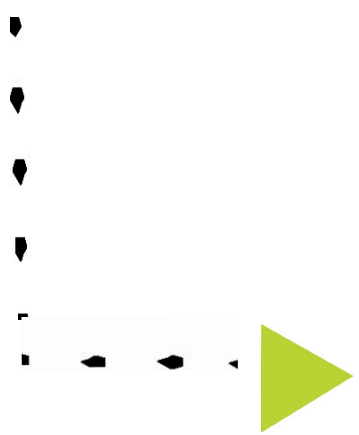
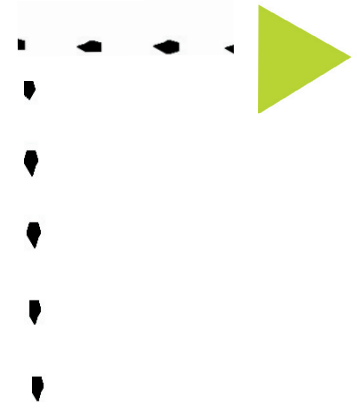
Adoption is a subject very near and dear to my heart. Were it not for adoption we would not have the wonderful family that we do. There are a lot of ups and downs, and there are times when we have felt that we were the ones "on trial" rather than the biological family. But it has all turned out so well that I can't help but encourage anybody and everybody to take the opportunity to explore the world of adoption. The blessings that have come to us are immeasurable.

# What Should I Know About My Teen?

People with good emotional health are in control of their emotions.  
They feel positive about themselves.  
They can keep their problems in perspective.

Your child's teenage years can be a difficult time. Teens may feel overwhelmed by the emotional and physical changes they are going through. At the same time, teens may be facing a number of pressures - from friends to fit in and from parents and other adults to do well in school, or activities like sports or part-time jobs.

The teenage years are a time of transition from childhood into adulthood. Teens often struggle with being dependent on their parents while having a strong desire to be independent. They may experiment with new values, ideas, hairstyles and clothing as they try to define who they are. Although this may be uncomfortable for parents, it is a normal part of being a teenager.



## What Can I Do to Help My Teen?

Communicating your love for your child is the single most important thing you can do. Children decide how they feel about themselves in large part by how their parents react to them. It is also important to communicate your values and to set expectations and limits, such as insisting on honesty, self-control and respect for others, while still allowing teenagers to have their own space.

Parents of teens often find themselves noticing only the problems, and they may get in the habit of giving mostly negative feedback and criticism. Although teens need feedback, they respond better when it is given positively and spoken with love.

Praising appropriate behavior can help your teen feel a sense of accomplishment and reinforce your family's values.

# Teenager's Emotional Health?

control of their thoughts, feelings and behaviors.  
themselves and have good relationships.  
They have both self-awareness and self-control.

## What Warning Signs Should I Look For?

Teens, especially those with low self-esteem or with family problems, are at risk for a number of self-destructive behaviors such as using drugs or alcohol or having unprotected sex. Depression and eating disorders are also important issues for teens.

The following may be warning signs that your child is having a problem:

- Agitated or restless behavior
- Weight loss or gain
- Drop in grades
- Trouble concentrating
- Ongoing feelings of sadness
- Not caring about people and things
- Lack of motivation
- Fatigue, loss of energy and lack of interest in activities
- Low self-esteem
- Trouble falling asleep



## What Should I Do If There is a Problem?

If you suspect there is a problem, ask your teen about what is bothering him or her. And then listen.

Don't ignore a problem in the hopes that it will go away. It is easier to cope with problems when they are small. This also gives you and your teen the opportunity to learn how to work through problems together.

Don't be afraid to ask for help. Many resources, including your family doctor, are available.

# TRANSITION TO ADULT LIVING YOUTH SUMMIT

## **"BELIEVE IN YOURSELF"**

OCTOBER 20 & 21, 2006

AT

ASPEN GROVE

THIS YEAR'S PROGRAM IS BEYOND GREAT! A NATIONAL GROUP OF FORMER FOSTER YOUTH, WHO HAVE BEEN SELECTED FROM ACROSS THE COUNTRY, WILL COME AND SHARE THEIR EXPERTISE AND EXPERIENCES AROUND THEIR JOURNEY TRANSITIONING FROM FOSTER CARE TO ADULTHOOD. THESE "FOSTERCLUB ALL STARS" SPEAK FROM THE HEART AND DEMONSTRATE LEADERSHIP SKILLS AND REPRESENT DIVERSITY IN THEIR FOSTER CARE EXPERIENCE, CULTURE, GEOGRAPHY, EDUCATION AND SKILLS. THIS WILL BE A WONDERFUL EXPERIENCE FOR OUR YOUTH AS THEY ASSEMBLE AND GAIN KNOWLEDGE AND SKILLS TO AID THEM IN THEIR TRANSITION TO ADULTHOOD.

IN ADDITION TO THE "FOSTERCLUB ALL STARS", BRAD BARTON, AN EXPERIENCED MOTIVATIONAL SPEAKER AND MAGICIAN, USES MAGIC THAT CONVEYS A MESSAGE TO YOUTH LIKE NO OTHER. BRAD CAPTURES HIS AUDIENCE THROUGH HIS MAGIC AND IS POSITIVELY RECEIVED WHEREVER HE PRESENTS.

THIS YEAR'S SUMMIT WILL BE MAGICAL AND MOTIVATIONAL FOR OUR YOUTH IN MORE WAYS THAN CAN BE IMAGINED.

**YOUTH MAY REGISTER TO ATTEND IF THEY ARE AGE 16 OR OLDER AND ARE:**

CURRENTLY IN A FOSTER CARE PLACEMENT,  
ALUMNI OF FOSTER CARE,  
YOUTH PLACED IN A KINSHIP PLACEMENT, OR  
YOUTH IN POST-ADOPTION

**CONTACT YOUR REGIONAL TRANSITION TO ADULT LIVING COORDINATOR FOR  
REGISTRATION OR EMAIL PAMELA RUSSELL AT [PKRUSSEL@UTAH.GOV](mailto:PKRUSSEL@UTAH.GOV) OR  
CALL AT 801-538-4308.**



# Boondocks

## Fun Center

(75 E. SOUTH FORK DRIVE (14270 SO.), DRAPER, UTAH)

**SAVE ON 2006 ALL DAY UNLIMITED PASSES BY PURCHASING THEM FROM THE ADOPTION EXCHANGE!**

**\$ 20.00**

UNLIMITED FUN PASS  
**60" AND OVER**  
REGULAR PRICE \$24.75

**\$ 14.00**

UNLIMITED FUN PASS  
**60" AND UNDER**  
REGULAR PRICE \$16.75

INCLUDES GO-KARTS, ROOKIE GO-KARTS, SLICK TRACK, ROCK WALL, BUMPER BOATS,  
MINIATURE GOLF, LASER TAG, AND KIDDIE COVE  
10 ARCADE TOKENS FOR GUESTS 60" AND TALLER  
20 ARCADE TOKENS FOR GUESTS UNDER 60"  
SOME HEIGHT RESTRICTIONS REQUIRED ON SOME ATTRACTIONS

TICKETS ARE GOOD MONDAYS THROUGH FRIDAYS, SATURDAYS, SUNDAYS, SPECIFIC HOLIDAYS AND SUMMER BREAK. OFFER GOOD UNTIL DECEMBER 31, 2006. PLEASE CALL TO VERIFY HOURS.

### ORDERING IS EASY!

TO ORDER YOUR TICKETS USE ANY OF THE THREE STEPS BELOW:

1. CALL: (801) 265.0444
2. FAX THIS COMPLETED ORDER FORM TO (801) 265.0834
3. MAIL THIS COMPLETED ORDER FORM TO:  
THE ADOPTION EXCHANGE  
302 W. 5400 S. SUITE 208  
MURRAY, UT 84107

YOUR TICKETS WILL BE MAILED OUT TO YOU AS SOON AS POSSIBLE.

CONTACT NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_

### PLEASE SEND ME THE FOLLOWING BOONDOCKS TICKETS:

# \_\_\_\_\_ ALL DAY PASS 60" AND ABOVE-\$20.00

# \_\_\_\_\_ ALL DAY PASS UNDER 60"- \$14.00

PAYMENT ENCLOSED:  CHECK  CASH  CREDIT CARD

CARD# \_\_\_\_\_

EXPIRATION DATE \_\_\_\_\_

AMOUNT DUE: \$



PROCEEDS FROM THIS EVENT BENEFIT  
THE ADOPTION EXCHANGE

To enjoy being with our children, we must have a sense of joyful cooperation and operate within a reciprocal family environment; for children to enjoy being with us, they must be treated fairly and with respect. In addition, to grow into happy and productive adults, children must have good work skills and the ability to follow directions. Admittedly, this is a lot to ask of families whose children have been lovingly nurtured since conception.

For families whose children have a history of abuse, neglect, multiple moves, and abandonment, a positive family environment is even harder to achieve. Children often resist cooperating. Parents' expectations are dashed, tensions and voices rise, and stress permeates the home. Parents do not like what they have become, but are desperate to gain some cooperation from their son or daughter. Regrettably, there is no magical list of techniques we can apply to transform ourselves into the parents we want to be or our children into the children we want to raise. We can, however, develop the capacity to mean business without being mean.

## Parenting Is Attitude

One key to meaning business without being mean is attitude—our attitude. When parents change their attitude, they change how they interact with their children. The process is the same when we ask children to change their attitude so their pattern of interaction with us will improve. We should not expect any more of them than we expect of ourselves.

To begin the attitude shift, parents must accept the simple fact that parenting is hard and is not likely to be just how we expected it would be. We may not live up to our ideal of what a parent should be and our children may not realize the potential we thought they would or should. That's reality.

When we accept the reality of our situation, we can set aside the expectation that we will be perfect parents, and our children will be just how we envisioned, joyfully behaving the way we desire. When we let go of these expectations,

we can accept what is and begin to defuse the disappointment or anger we feel when our children and our performance as parents fall short of our expectations.

## Parenting Is Controlling Emotions

While we cannot control a child's behavior, we can choose our reaction to the behavior. By the same token, though we cannot choose happiness for our child, we can choose happiness for ourselves. When parents become excessively unhappy because of a child's behavior, they are ignoring their personal emotional well-being and sacrificing a measure of stability for the child. The child also receives the unhealthy message that personal happiness depends on the people around us and that others are to blame for our responses.

What our children need is a positive family environment—as reflected in our positive attitude—so they have a model for which to strive. As parents, our responsibility is to establish a healthy emotional tone in the home by maintaining, as much as possible, our equanimity.

Consider how professionals deal with misbehaving adults. Police officers don't start yelling at people who are pulled over for speeding. The speeders' actions do not affect the officer personally, so there is no emotional involvement. Instead, the officer just tells each violator about the law, how the person broke the law, and the resulting consequence.

If parents exhibit extreme emotionality at a child's misbehavior, the child thinks, "Wow, this sure is important to my parents. It's not nearly so important to me. No point in both of us worrying about it." The child might then back off of taking responsibility for his actions since the parents are so much more concerned about it than he is.

Words we speak in anger to our children diminish us and our children, and dem-

onstrate that we are not in control of ourselves, much less anyone else. Parental anger makes children question our love since whatever we are angry about seems more important than they are. Then too, as soon we raise our voice, become sarcastic, or take a threatening stance, our children may stop paying attention to the message and focus on personal safety. Put another way, things we say in anger can lose all potential to affect change since our children will focus on our anger instead of their own misbehavior.

Every time a child hears, "You make me so angry!" the message conveyed is that, as individuals, we are not responsible for our emotions and the behaviors those emotions spark. Parents who make such declarations must not be surprised when their children hurl the same ill-conceived words back.

The general rule is that the person who has behaved the most irresponsibly should be

# How to Mean Business

By Deborah Hage, MSW

the one experiencing the brunt of the emotionality. In other words, if someone is going to get upset over bad behavior it should be the one who exhibited the bad behavior, not the parents.

To teach children how to control their negative emotions, parents must be able to control themselves. If the parent does not stay in control when angry and upset, how can the child learn that such a goal is attainable? Understand and appreciate that no one can make you act out emotions negatively; you choose your response to all events. Parents should not be puppets on strings their children pull.

When you feel overwhelmed by anger, model the behavior you expect of your children when they are angry. Breathe deeply, close your eyes, and silently count to 10. Eat chocolate. Go for a walk. Separate yourself from the situation until you calm down. Demonstrate that people can be very angry and still no one gets hurt, no one is verbally demeaned, and nothing is broken.

## Parenting Is Teaching

Demonstrating emotional control is one important parenting tool. Deliberate methods of enforcing discipline, assigning chores, and enabling children to make good choices are also ways to teach them to grow toward responsible adulthood.

We cannot make our children do anything. We can, however, set up situations where appropriate choices are rewarded and inappropriate choices have consequences. Some children will make suitable choices and some may not, but those who don't must understand that their choices are about them, not about their parents. The trick, of course, is to impose consequences in such a way that, no matter what the child chooses, the parent and other family members are okay.

Say your family is planning to go to a

ing this logic, a child's failure to complete a task is not disrespectful; it is simply a lost opportunity. When a child says, "No!" to his parents, it is not about the parents. It is about the child.

When parents accept this truth, it becomes clear that children who refuse to do chores are robbing themselves of skills that will enable them to live happier lives. Children who won't cooperate may not even be making their parents' life any harder. In fact, it is often easier for parents to do jobs than get a child involved.

To effectively teach reciprocity, parents must not impose a task unless they know what the reward is if the child completes the task and what they will do if the child chooses not to complete the task. When caught off guard by a child's refusal to cooperate, parents find it much harder to avoid anger and confrontation. Planning for either eventuality helps

him to do something that will make him tantrum. "So," the parent would continue calmly, "you should go ahead and scream and yell and get that out of the way first." If the child pitches a fit, the parent is in control because that's what she asked the child to do. And parents have no reason to be upset if their child is following their directions. If the child defiantly declares he can do the chore without having a tantrum, the parent is still in control because the child has made a healthy choice.

Predicting for a child how she normally misbehaves under certain circumstances enables the child to make a different choice. The very foundation of healthy parenting is giving children the opportunity to make good choices.

## Parenting Is Modeling

Whether we intend it or not, our children will learn from our behavior. One important lesson for children is that parents have the right to take good care of themselves. For parents who have especially challenging children, self-care is also a crucial means of developing the capacity to mean business without being mean. So, sleep long. Eat well. Exercise. Enjoy a massage. Establish a regular date night. Get filled up by association with others. Surround yourself with people who support you.

And remember, as much as we all want our children to be happy, our job is not to guarantee their happiness. Instead, our responsibility as parents is to demonstrate personal contentment, give our children opportunities for personal success, and offer rewards or impose consequences for the choices our children make.

By teaching lessons about emotional control, reciprocity, and task completion, parents give children keys to open doors to the rest of their lives. And it can all be done by parents with a positive attitude who are firm in what they expect and who, above all else, model that no one has to be mean when enforcing rules or imposing consequences.

"From Adoptalk, published by the North American Council on Adoptable Children, 970 Raymond Avenue, Suite 106, St. Paul, MN 55114; 651-644-3036; www.nacac.org."

# Business Without Being Mean

movie, but Sammie is acting out when you need to leave. You have several options. Sammie could still come to the movie (to avoid punishing the whole family), but not get popcorn or soda. Sammie could go to a baby sitter while the rest of the family goes to the movie. Parents could take turns escorting the other children to the movie while Sammie stays home. In all cases, Sammie experiences a consequence, but the rest of the family still gets to see the movie.

Another important lesson for children is that of reciprocity. Put another way, the more we give of ourselves, the more we will get back in return. The more we behave responsibly, the more privileges and rewards we have. Children can learn this valuable lesson by doing chores, but to successfully teach chores, you may again need to shift your expectations, perspective, and attitude.

Teaching a child to do chores is a gift parents give their children to help them learn the skills of living with others. Follow-

parents stay on an even keel and keep a positive tone of voice.

When we deal with a child who is very likely to be uncooperative, we need to be especially careful about planning our responses. One useful technique that can short-circuit a child's habitual resistance and maintain a parent's emotion control is a double-bind or paradoxical directive—giving the child permission or telling the child to do what she is going to do anyway.

In such a scenario, if the child chooses the negative behavior her parents ask for, her parents win because she did what they told her to do. If she chooses to avoid the negative behavior to show her parents they can't tell her what to do, everyone wins because the child is making a good choice. When used appropriately, double binds move control battles from the parents to the child, and from outside the child to inside the child.

A classic example would be to tell a child who always throws a tantrum when asked to complete a chore that you are going to ask

# announcements

## november adoption celebration

celebrate national adoption awareness month

With



**saturday, november 4, 2006**

**11:00 a.m. \* 1:00 p.m.**

**at BOONDOCKS FUN CENTER**

**74 SOUTH FORK DRIVE, DRAPER**

enjoy unlimited miniature golf

10 arcade tokens

1 pass valid to choose from the following attractions:

go karts, slick track, rookie go-karts, rock wall, laser tag or maxflight roller coaster simulator.

## The adoption exchange 25th anniversary book

The adoption exchange is requesting stories, poems, pictures and artwork written by adoptive parents, foster children, adopted children, child welfare workers and anyone whose life has been touched by adoption. To put in the adoption exchange 25th anniversary book.

if you have anything you would like to submit please send your submittal to

The adoption exchange

302 W 5400 S, Suite 108

MURRAY, UT 84107

or email to [lindsay@adoptex.org](mailto:lindsay@adoptex.org).

not all articles will be placed in the book but may be used for future editions of Utah's adoption connection.

# **parent to parent Family Training on ad/HD**

**a series of 7 two-hour classes for anyone who wants to learn about ADHD**

**The class series will be held on a rotating basis (every 7 consecutive weeks) from September 2006 through May 2007. Check CHADD of Utah website for updated class schedules: [www.chaddofutah.com](http://www.chaddofutah.com) (for classes taught in Spanish please contact Julie Moreno at 272-1051 or at 867-2375.)**

**\$55/couple (scholarships may be available)**

## **Lending Library**

**Don't miss out on a great resource. Check out The Adoption Exchange's Lending Library at [www.utdcfsadopt.org](http://www.utdcfsadopt.org) to check out books, videos and tapes free of charge. Topics range from fetal alcohol syndrome to parenting the adopted child.**

**see what others have said:**

**"This is an invaluable resource. Thank you!" \*Kinship**

**"The Lending Library is a fantastic tool! Thanks for the help." \* adoptive parent**

**"Thank you so much for providing this service so generously especially to out-of state people. I couldn't find those books anywhere else. Thank you." \* TX adoptive and foster parent**

**"Thank you so much. This library is priceless. Bless your hearts." \* NC adoptive parent**

**[www.utdcfsadopt.org](http://www.utdcfsadopt.org) or call 801-265-0444**

# Utah's Heart Gallery

*New Faces, New Stories*



*Daniel, age 13  
Photograph taken by Mikell Weber*



*Jean, age 14  
Photograph taken by Brenda Hansen*

## *About the Heart Gallery*

*The Heart Gallery concept was founded by the New Mexico Children, Youth and Families Department in 2001 as a unique way to help children in foster care who are waiting for adoptive families step from the shadows into the light. Stirring portraits, which reveal the children's amazing spirits and individuality, have helped many find permanent, loving homes.*

*The Adoption Exchange Association and The Collaboration to AdoptUsKids, The U.S. Department of Health and Human Services and The Advertising Council with the support of several national adoption partners are sponsoring the first National Heart Gallery exhibit. Created by renowned photographers, the artistic portraits feature children currently in foster care who are available for adoption. It is our hope that this special exhibit will touch prospective parents across the country and encourage them to adopt a child from the 119,000 children nationally who are currently waiting in foster care for a permanent place to call home.*

# Year Begins a New Year

...s, New Children to Help.



## Heart Gallery Locations 2006-2007

November	Wells Fargo Building	Salt Lake City
December/January	TBD	TBD
February/March	Rosenbruch Museum	St. Geroge

If you would like more information about the Heart Gallery, donating your time or resources or suggesting a venue, please contact The Adoption Exchange at 801-265-0444.



**Utah!**  
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Utah State Division of  
Child and Family Services

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# CALL YOUR POST-ADOPTION SPECIALIST

## Northern Region:

Aubrey Myers (801) 626-5749

## Salt Lake Region:

Vickie Steffey (801) 264-7500

## Western Region:

Louise Brown (801) 376-8594

## Southwest Region:

John Worthington (435) 867-2760

## Eastern Region:

Blanding /Moab Steve Shafer (435) 259-3720  
Price/Castledale Amy Smith (435) 636-0228  
Vernal/Roosevelt Fred Butterfield (435) 722-6550

## Sub\* For Santa\*

The Adoption Exchange is once again providing Christmas for many of the children in the state foster care system. We are looking for child sponsors, donations or volunteers to help. If you are wanting to get involved please contact Lindsay at The Adoption Exchange at 801-265-0444.