

CHILDREN'S SERVICE SOCIETY ADOPTION NEWSLETTER



Searching Family Highlight

MEET MICHELLE & BLAIN

Since we married in 2014, we knew we would love to raise a family! We adopted our son, Isaac, and believe another addition would fill our hearts with even more joy. Our faith plays an important role in our daily lives and “serving and helping others” are part of the traditional values we plan to pass along to our children. Michelle describes Blain as a “hard worker,” both at work and at home, who always makes time to pass on his abundant knowledge to their son Isaac. Blain describes Michelle as the “heart of the family. She is kind and generous.” We love to spend time together outdoors fishing and camping. Both Michelle & Blain play instruments and enjoy sharing their love of music with Isaac, who is learning to play the drums.



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Five Characteristics of Successful Adoptive Families

ADAPTED FROM KATZ, LINDA, "PARENTAL STRESS AND FACTORS FOR SUCCESS IN OLDER CHILD ADOPTION."

While no two families are exactly the same, forming a family through adoption is a different experience than creating a family with biological connections and adoptive parents may need to develop different skills than parents of biological children. Whether you have just completed your home study or are a seasoned veteran navigating the joys and challenges of parenthood, it's never too early (or too late) to develop the skills you'll need to be a successful adoptive parent.

- 1. Effective Communication:** Open and honest communication is crucial to adoptive families' success. It can help create and maintain a healthy open adoption between bio- and adoptive-families, extending a supportive network for the adoptee. Being able to navigate difficult topics with openness, understanding, and empathy can help foster a sense of identity, self-esteem, safety & security for your child.
- 2. Patience:** Throughout the entire adoption journey there are countless opportunities to practice and develop patience. For some families bonding and connection comes right away, for others it may take time. As your child's role model, committing to an even-keeled parenting approach can demonstrate that it is possible to regulate emotions and remain calm when challenges come up.

"It's never too early
(or too late) to
develop the skills..."





Five Characteristics of Successful Adoptive Families (continued)

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3. Access Resources and Support: Parenting can be difficult and everyone can use support along the way. It is vital that adoptive parents are able to access post-adoption resources and support and develop a network of family, friends, and others who can provide needed respite. Knowing where to turn for support can help adoptive parents feel less isolated and more prepared to face any parenting challenge that may come their way.

4. Flexibility: While it is imperative for adoptive parents to provide structure and direction to their children, being flexible to meet the needs of your adopted child is equally important. Additionally, allowing for flexible familial roles can help prevent one caregiver from feeling "burned out" and provide relief for your partner while they recover. Sometimes in an adoption journey, expectations clash with reality causing frustration and hurt. Having realistic and flexible expectations for yourself and your child and compassion when things seem to go awry can help tame disappointments.

5. Sense of Humor: Successful adoptive families are able to use humor to cope with the stress that can result from adoptive parenting. Looking for moments of levity in the daily interactions you have with your child can help adoptive parents find happiness in small successes without dwelling on past missteps.





**Children's
Service Society**
Safe Children - Caring Families -
Strong Communities - Since 1889

Adoption Team Member Shout Out!



JUSTINE EGGLESTON

Justine Eggleston is a Licensed Clinical Social Worker helping families and individuals feel empowered in challenging circumstances. Justine has a passion for working with those connected to adoption and enjoys helping all in the adoption constellation feel supported in their journey.

“When we are no longer able to change a situation, we are challenged to change ourselves.” - Viktor E. Frankl

Free Adoption Events and Trainings

Children’s Service Society of Utah is committed to ensuring that families have access to post-adoption training and resources that support the strengths of each family. As part of that commitment, we continue to share upcoming adoption related trainings and events from our community partners.

SAVE THE DATE

CHILDREN’S SERVICE SOCIETY OF UTAH: 140 YEARS OF ADOPTION EVENT

(See next page for more details and how you can get involved!)

Date: Saturday, November 9th
Time: 1:00-3:00
Location: TBD

UNITED FOR ADOPTION 2024 ANNUAL CONFERENCE

Date: Friday, November 8th
Time: TBD
Location: TBD

Raise the Future

- Aug 15** TBRI® Introduction & Overview (Virtual)
Time: 9:30am-3:30pm
Location: Virtual via Zoom
Registration Link:
<https://www.eventbrite.com/e/811634258917?aff=oddtcreator>
- Aug 16** Back to School and IEPs (Virtual)
Time: 7:00pm-8:30pm
Location: Virtual via Zoom
Registration Link:
<https://www.eventbrite.com/e/uta-h-parent-night-specialized-training-back-to-school-ieps-tickets-894748204967?aff=oddtcreator>
- Aug 21-23** TBRI Caregiver Series (Three days, In-person)
Time: 7:30am-4:30pm
Location: Salt Lake City (more details shared after registration)
Registration Link:
<https://www.eventbrite.com/e/uta-h-three-day-tbri-caregiver-series-in-person-tickets-894747573077?aff=oddtcreator>



Children's
Service Society
Safe Children · Caring Families
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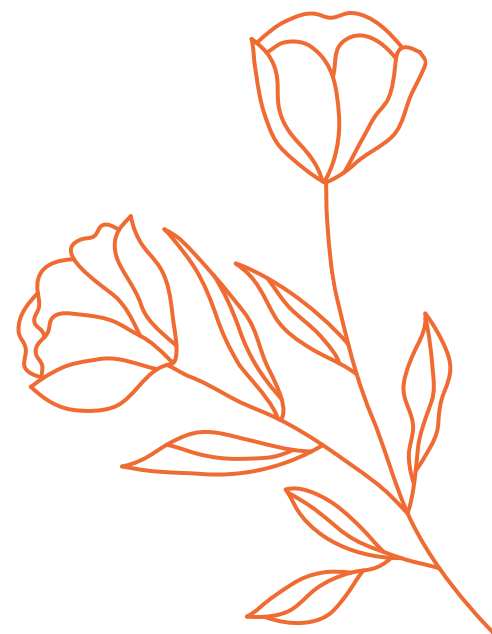
*Save
the
date*

*Celebrate with Children's
Service Society of Utah*

**140 YEARS
of ADOPTION**

9th NOVEMBER

*1:00 - 3:00 pm
Location TBD*



We hope to connect and reconnect with adoptees, birth parents, and adoptive parents we have worked with over the years.

If you were involved with CSS and would like to share your story, we'd love to hear from you! Contact Tara at tara@cssutah.org for more info on the event, or to find out how you can be involved.



FREE Monthly Support Groups



United for Adoption's Birth Mother Support Group:

Meets the first Thursday of every month at 7:00pm - 8:30pm, at CSS Salt Lake, 4500 S. 655 E. Suite 200 in our South Conference Room

(Option to join meeting virtually, contact tara@cssutah.org for link)

No registration required. Free of charge.

Upcoming dates: July 11th, August 1st, September 5th

Teen Adoptee Support Group:

Meets the second Thursday of every month at 5:30pm - 6:30pm at CSS Salt Lake, 4500 S. 655 E. Suite 200 in our South Conference Room.

No registration required. Free of charge.

Upcoming dates: July 11th, August 8th, September 12th

Adoptive Parent Support Group:

Meets the third Thursday of every month at 6:00pm - 7:00pm, at CSS Salt Lake, 4500 S. 655 E. Suite 200 in our South Conference Room.

(Option to join meeting virtually, contact tara@cssutah.org for link)

No registration required. Free of charge.

Upcoming dates: July 18 , August 15th, September 19th

Adult Adoptee Support Group:

Meets the second Wednesday of every month from 6pm - 7:30pm, at CSS Salt Lake, 4500 S. 655 E. Suite 200 in our South Conference Room.

No registration required. Free of charge. Attend both in person OR virtually.

Upcoming dates: July 10th, August 14th, September 11th

