

August 2020

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mnADOPT
Insider

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Who is MN ADOPT?

We've been busy hiring our future! Over the next few months, we'll introduce you to all the new faces around MN ADOPT.

JT



What is your role at MN ADOPT?

Admin Coordinator- I provide admin support to both the Education and HELP programs.

What do you like to do for fun when you are not working?

Singing to my dog, Trevor. I also write poems, play a nerdy online game called Runescape, and plan (read: not always actually execute) house projects.

What is your favorite season and why?

I used to think it was fall, because I like the crisp air and wearing sweaters and stuff. But lately I've realized it might be spring – I'm very affected by daylight, and there's hope in how every day feels a little brighter (literally) than the last.

Jessica



What is your role at MN ADOPT?

Education Coordinator - Coordinate training opportunities for foster, adoptive, and kinship families and the professionals that serve them.

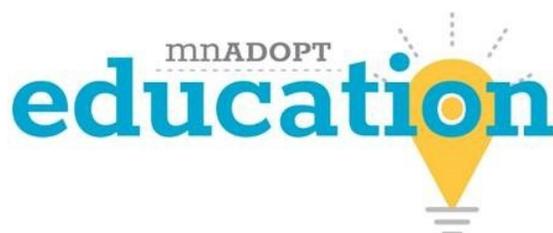
What do you like to do for fun when you are not working?

When I'm not working, I enjoy spending time on the lake with my family, cheering for the MN Twins, having coffee dates with friends, and catching up on Netflix.

What is your favorite season and why?

My favorite season is Fall. I enjoy the leaves changing colors, the sweatshirt cozy weather, bonfires, all things pumpkin, and movies by the fireplace.

Program Highlight



Fun Facts about our Education Program:

- There was a total of 269 workshop offerings (in person and online) statewide in our Fiscal Year of 2020.
- A total of 6,282 people attended our live workshops, webinars, or purchased from the webinar library. We helped double the number of people from Fiscal Year 2019 (3,058 attendees in Fiscal Year 2019).
- To view our upcoming workshops, click [here](#)
- To view our pre-recorded webinar library, click [here](#)



Enjoy 1 Back-to-School [Pre-Recorded] Webinar on us!

Be sure to enter code
In\$ider08 at checkout
to save!

School's Starting: Are you & your child ready?

Summer is coming to an end, and children need to adjust to the structure and intensity of school. This can cause children with trauma histories a significant amount of stress and anxiety. How do we as parents help promote a healthy and less stressful transition from summer to school?

Join family therapist and adoptive mother, Brenda Benning, LICSW as she shares realistic tips to ease the transition for our children that include:

Navigating the Special Education System: Advocating Effectively for Your Child

This training will explain basics of the special education process, including ways children are qualified for special education. It will also include explanation of categories of qualification as well as how to effectively advocate for a child with extra needs.

Additionally, it will address how to

- How to create a supportive and encouraging environment for our children to WANT to go back to school
- How to ease the transition of known to unknown with the start of a new school year with new teachers, classrooms and students
- Maintaining realistic expectations about where your child is at emotionally with the adjustment of back to school
- How to you adjust to the new schedule—sleep patterns, routines, daycare, work
- Ways to increase communication with school staff
- Maintaining your own self care, as parents

[View for free here](#)

discuss with school professionals ways they can accommodate children with concerns in the areas of attachment, trauma and FASD.

[View for free here](#)

Resource Corner

Educational Resources for Kids

[20 Learning Activities to Keep Kids Busy](#)

[Top 25 Podcasts for Kids & Teens](#)

[Free Audible Books](#)

[Scholastic Learn at Home](#)

[Starfall](#)

[Simple Activities for Kids](#)

[Brain Pop](#)

[Children & Nature Network](#)

[Find more family resources](#)

Community Connections



UMOJA MN is a Black Heritage camp that provides high-quality programming and excellent educational experiences based on African American culture & history to transracially adopted and foster youth and relative kin families in the MN community.

The next camp will take place in October, but until then, learn more about the camp from James, the Education Programs Manager:



[Meet the UMOJA team](#)

Circus of the Heart

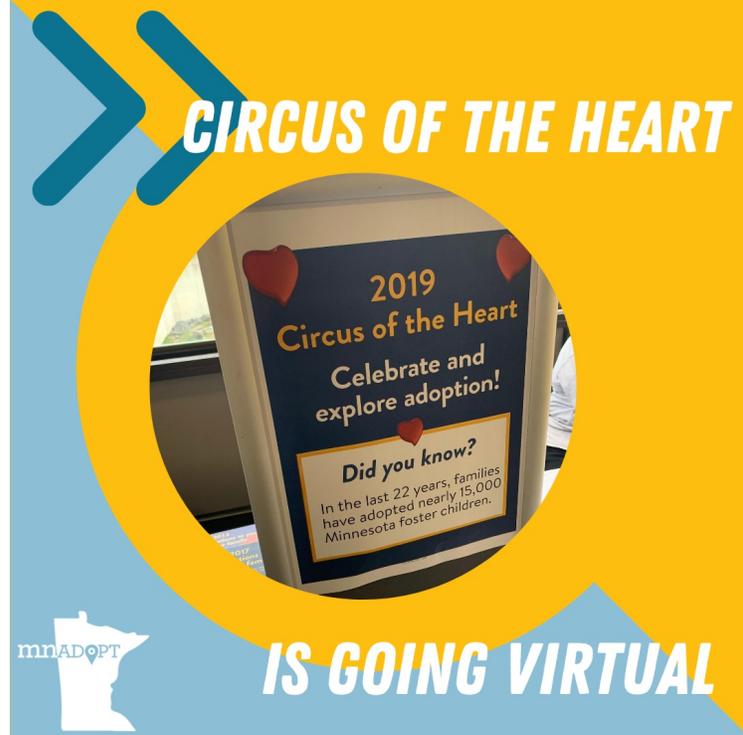
Circus of the Heart is right around the corner!
Coming November 2020

That's right, Circus of the Heart will be virtual

this year.

Stay tuned for more information: official dates, registration and more.

Looking forward to a fun & engaging event!



On Race, Racism and Racial Justice

Discussion and experiences regarding race and racism will vary by family, and for some it can be a difficult and sensitive topic to discuss. Below are some resources to help you have meaningful and developmentally appropriate conversations with your children.

Raising Race Conscious Children – Blog, interactive webinars and other resources for talking about race with young children. <http://www.raceconscious.org/>

Embrace Race - 20 Picture Books for 2020: Readings to Embrace Race, Provide Solace & Do Good: <https://www.embracerace.org/resources/20-picture-books-for-2020>

Teaching Tolerance – Teaching Tolerance was created to help educators teach their students, but parents can also use this resource to teach valuable lessons in their home. “Cultivate positive identity formation, encourage students to confront racial and ethnic injustice, and prepare them to live and work together in a diverse world. Our resources can help you facilitate discussions about race and guide students through lessons on white privilege, economic inequality, mass incarceration, the complexities of identity and more.”

<https://www.tolerance.org/topics/race-ethnicity?fbclid=IwAR3fiz1mMXm3U5jdY3sFgNsCncMCFgFE9-sCg9O-v2kx2vUQwu5Zy-N3djQ>

For more resources , visit our website: <https://www.mnadopt.org/resources/on-race-racism/>



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