

NOVEMBER 22, 2016

A RESOURCE TO SHARE WITH SCHOOL PROFESSIONALS

Trauma Sensitivity During the IEP Process

Many parents foster or pre-adoptive, adoptive, or victims of trauma themselves, struggle with ensuring that their students or children are being best served by the educational process. Many kids who have had adverse childhood experiences suffer with a neurology that makes it difficult to learn in a typical way. They may also be constantly struggling to do the right thing by regulating their emotional responses in socially appropriate ways. The Individuals with Disabilities Education Act ensures that all students who have emotional or social disabilities have the right to an individualized education plan (IEP) that helps them reach their academic potential so that they can live productive, independent adult lives.

It is important that professionals working with children and families get a thorough history of traumatic events that may have occurred to the child over the course of his or her life. A comprehensive history helps caregivers and others have an appreciation of the seriousness of the child's experience. It also provides clues to gaps in a child's development of skills and can help caretakers and others be more supportive of the child's recovery. Schools are not likely to gather information on a child's trauma history as part of their standardized protocol. They generally obtain information on trauma events only when offered, yet children can spend 6-8 hours of their day with school providers. That is almost 50% of their waking day.

Schools often do not have sufficient information about a child's trauma history to assist appropriately with recovery efforts. Without a more thorough social history of the child, including information about a child's trauma triggers, cues, and anniversary dates, school staff may not recognize the reasons behind challenging behavior. They may spend time addressing the behavioral consequences of trauma rather than their root causes. As a result, building social coping skills, essential to the continued neurodevelopment of traumatized children, is not addressed. Teachers and others in schools need to gain a better understanding of child trauma and work collaboratively with other organizations in order to facilitate better academic and non-academic services. [CONTINUE READING](#)

Source: Federation for Children with Special Needs



THE SHOCKING TRUTH OF CHILD SEX TRAFFICKING

By Dr. John DeGarmo

300,000 children in the United States are prostituted each year; are victims of child sex trafficking. The number is disturbing, to say the least.

2 million children are victims of child sex trafficking each year across the globe. The number is staggering, and hard to believe. Yet, the numbers are true and society as a whole seems to look the other way.

You look away, as well. It is not something that we as a society want to recognize, want to acknowledge, and to fight. It is horrifying and depressing. It makes us feel uncomfortable. Yet, child sex trafficking is all around us. It is in our cities, and even in our neighborhoods. And it is happening to our children, with the average age of a child being trafficked at only 12 years old.

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Zion Hopes to be Adopted by a Family Who Loves Animals Too

Zion, age 16, loves animals and has a special affection and passion for pets. She also enjoys writing and can be outgoing and energetic when involved in an activity she likes. She would enjoy doing activities with her parents and have fun with animal-focused activities.



A two-parent home will be best for Zion. She would especially enjoy a family with a stay-at-home parent who can be there when she gets home from school. Zion wants to be an only child. Zion does have an adult sibling with whom she needs to maintain a relationship.

Zion would like a family who can be both strict (when needed) as well as fun and affectionate. She would like her family to hold her accountable without yelling and to be present and active with her in her therapy and treatment. A potential adoptive family should have patience and understanding, realizing that Zion may be angry sometimes because she is dealing with fear as a survivor of past trauma.

Zion's DHS adoption worker will consider families from Iowa and other states, as long as the family is within driving distance to the middle part of eastern Iowa. They will need to be involved in a transition requiring time and travel. It will be important they spend time in person with Zion and participate in her treatment.

Adults in Zion's life praise her highly, stating "she will need someone with a lot of patience to help her, but she will be worth every ounce of effort when she is able to feel secure enough to work through issues. She is a brave young lady who may get easily discouraged, but eventually perseveres."

Zion wants people to know she needs "patience, love and structure" and she "wants a family to be there for her." **Could you be the family to offer Zion the loving, understanding home she has been waiting for?**

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THANKSGIVING Rituals To Teach GRATITUDE

By Dr. Laura Markham (AhaParenting.com)

Thanksgiving will be celebrated in the United States this week, kicking off a month of holiday frenzy that includes Hanukka and the Winter Solstice and culminates finally in Christmas. The busyness and consumer focus often leave both children and parents feeling overwhelmed and unsatisfied, focused on acquiring more things but never feeling like it is enough, aching for a different experience of the holidays.

But there is another way. You can give your children a meaningful, joyous and peaceful holiday season. You can celebrate the start of the new year feeling more connected as a family. Mommy meltdowns and going into debt are completely optional.

How do you start? By feeling appreciative for all you have! That makes gratitude into a mindset, or a habit.

A whole body of research now confirms that adults, children and adolescents who report feeling gratitude are happier, healthier, more content, more optimistic, and more likely to be helpful to other people in every way. They're also less materialistic, less envious and less likely to be depressed.

And what better time to begin than Thanksgiving? Here are 13 proven gratitude practices that will help you invent your own meaningful family gratitude traditions, for Thanksgiving and beyond.

#1 - Have your family count blessings by listing things everyone is grateful for every night at dinner or bedtime. In one study by gratitude researcher Jeffrey Froh, middle-school students were asked to count their blessings for two weeks by listing five things every day that they felt grateful for. The control group listed complaints about hassles in their lives. The kids who focused on blessings for just two weeks felt more gratitude, more life satisfaction, more optimism and were more positive in general -- even several months later.

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