

APRIL 16, 2019

WARNING FOR ALL PARENTS!

Keeping our kids from starting to use drugs is a parental responsibility. As parents, we are in the best position to protect our kids from buying in to the prevalent culture of drug use, particularly on 420 or Friday, April 20th. Parents need to become better educated about the biggest day of the year for your kids to get high.

DID YOU KNOW?

- April 20 (4/20) has evolved into a counterculture holiday, where people gather to celebrate and consume marijuana.
- The use of the term began among a group of teenagers in San Rafael, CA in 1971 when the group would meet at the campus statue of Pasteur to smoke pot.
- 420 became code for a time of day to get high and a way of talking about it in front of parents without their knowledge.

Parents have more influence over their child than friends, music, TV, the Internet and celebrities. Kids who learn a lot about the risks of drugs and alcohol from their parents are up to 50% less likely to use than those who do not.

HELP YOUR TEEN SAY "NO!"

Everyday thousands of teens say "yes" to drugs for the first time. Help your teen say "NO!"

- Make sure your kid is at school on Friday, April 20th.
- Consider making family plans for the evening of 420.
- Become familiar with the signs and symptoms of drug use.

DON'T GIVE UP ON YOUR POWER AS A PARENT

Feel like there's little you can do to change your teen's behavior? Here are 6 research-supported parenting practices to set you on the right path to reducing the odds your child will develop a drug or alcohol problem.

THE PARENT TOOLKIT

Inside The Parent Toolkit you'll find practical advice for guiding your child toward a healthy life at every age. Parenting and health experts as well as real parents share the latest tips and tools for raising drug-free kids.

WHAT DO I DO IF I KNOW (OR THINK) MY CHILD IS DRINKING OR USING DRUGS?

Discovering that your child is using drugs or alcohol can be a scary experience for parents. Time To Act offers step-by-step advice and sympathetic guidance from top substance abuse experts, family therapists, scientists and fellow parents to help you understand why teens use and how to confront your child, set boundaries and seek outside help.

[Click here to read more](#)

While adoption does not undo the past, adopting a child, and more specifically an older child, gives an adoptive family the privilege of writing the parts of the child's story that have not yet been written.

Caitlin Snyder

CHAMPS Seeks Foster Family Stories

Hello! The North American Council on Adoptable Children (NACAC) is a partner in CHAMPS (children need amazing parents). CHAMPS is collecting stories for National Foster Parent Appreciation Day and we're reaching out to ask for your help spreading the word. Please see below for more information and share with foster parents and people in or formerly in care. Let us know if you have any questions. Thank you for your help with this project!

CHAMPS (children need amazing parents) is celebrating National Foster Parent Appreciation Day (May 31) by sharing stories from foster parents and people who have been in foster care. Selected stories will be shared on social media, on the CHAMPS website, and with policymakers. NACAC is a partner in CHAMPS, seeking to ensure foster parents' voices are heard.

Stories can be written (a short paragraph with a photo) or a short video (30-60 seconds, can be made with a phone). **Please submit by April 30.**

What kind of stories?

Here are some ideas to get you started.

If you're a foster parent:

- What's one of the best things about being a foster parent?
- Describe how you have made a difference in a child's life.
- Have you recommended foster parenting to others? If so, what did you say was a reason to do it?

If you are or were in foster care:

- What's one example of something a foster parent did that helped you heal from prior trauma or hardship?
- What's an example of an important lesson or value you got from a foster parent?
- What is something special about a foster parent you know? Would you like to thank a particular foster parent for something she or he did?
- Being in foster care has a lot of challenges. What is one thing a foster parent can do to help make it less difficult for young people in care?

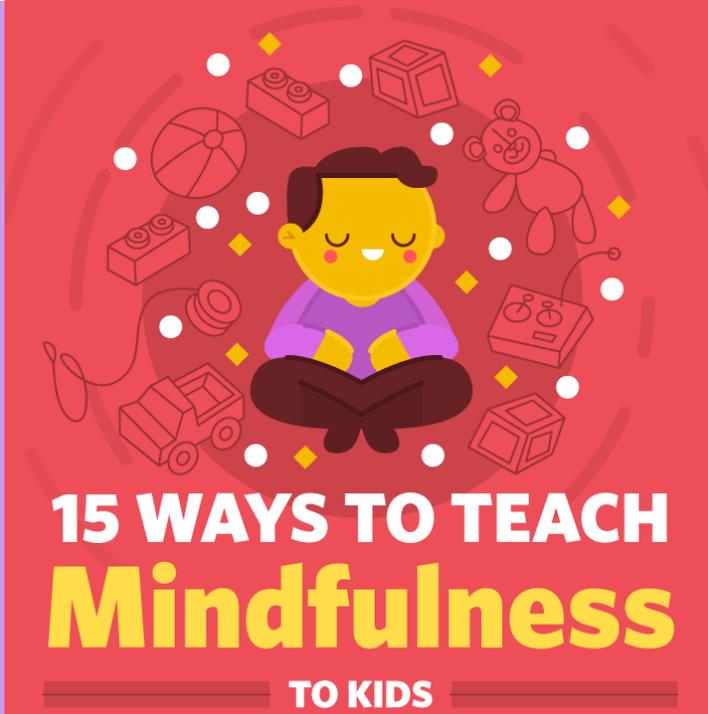
How to submit a story

Please submit using this Google form:

<https://forms.gle/npuwZC7FX6NqahzP6>

What is CHAMPS?

CHAMPS is a national campaign to ensure bright futures for kids in foster care by promoting the highest quality parenting. CHAMPS builds on research that shows loving, supportive families – whether birth, kin, foster or adoptive – are critical to the healthy development of all children. Leveraging this research, CHAMPS aims to spur policy reforms in 20 to 25 states over five years to ensure that foster parents are equipped with the training and support they need to be the best they can. CHAMPS also aims to help improve the public's understanding of foster parenting and create a more positive perception of foster parents. More information is available at: www.fosteringchamps.org



By Marilyn Vinch

Part of living a full life is to truly experience the world around us and within us. For many who practice yoga, the concept of mindfulness is familiar and well-practiced. But if we keep our mindful techniques to ourselves, we aren't sharing an important tool of living a full and happy life.

And who else could greatly benefit from practicing mindfulness? Our children.

Teaching our children to experience, question and value the world around them not only adds to their childhood, but helps to build inquisitive and insightful adults. Children are naturally curious and uninhibited and those traits can be quite powerful, especially when focused on and expanded upon.

Studies have shown that children who practice mindfulness will experience better moods and a higher self-esteem. They may perform better academically and have improved social skills, like the ability to navigate and peacefully resolve conflicts. Mindfulness is also considered an effective tool to deal with anxiety and aggression.

It's not difficult to teach our children mindfulness techniques. Naturally, they may become impatient or not understand why mindfulness is important, but there's no rush. Here are 15 ways to introduce mindfulness to kids. **[VIEW THE LIST](#)**