

ACO Resource List

August 2021 Conversations: “Re-Entering the World” (Aug 24th) & “Back to School” (Aug 26th)

Links for Families:

Recordings of August 2021 ACO Conversations with Karen Moore & Lori DeWitte:

https://us02web.zoom.us/rec/share/uDkPOQRIOA5K09rBcWHFpP3m3skQBL_larSU7eX2QxMXkz4UBqnDwy-v6aQLBbA.olgsC6Sd9IMcx_Bx

<https://www.youtube.com/watch?v=XJFI38jQCK4>

Recording of ACO’s Supporting Children’s Transition Back to School webinar (September 2020):

<https://secure.adoption.on.ca/transition-back-to-school-webinar/>

Listing of Ontario School Boards: links to websites & contact info re Covid board policies:

<http://www.edu.gov.on.ca/eng/sbinfo/boardlist.html>

Children’s Mental Health Ontario’s School Mental Health Backpack: includes back to school tips and resources for families

<http://www.family.cmho.org/school-mental-health/>

“Just Breathe” YouTube video by Julie Bayer Salzman and Josh Salzman for kids and parents

<https://www.youtube.com/watch?v=RVA2N6tX2cg>

Advocating for your Adoptive, Foster, Kinship Child at School

<https://creatingafamily.org/foster-care/fostering-blog/advocating-for-your-foster-or-kinship-child-at-school/>

Adoptive & Permanency Parent Support Groups

Sylvia.gibbons@adoptontario.ca

Great Books

The Kissing Hand, by Audrey Penn (helps with times of separation like back to school)

Book: https://www.chapters.indigo.ca/en-ca/books/the-kissing-hand/9781939100429-item.html?ref=item_page%3Avariation

Video: <https://www.youtube.com/watch?v=dPUW1t9Gu4s>

Riley the Brave & Riley the Brave Makes it to School by Jessica Sinarski (wonderful books for kids, parents and educators to help kids who’ve experienced early life/developmental trauma)

<https://www.rileythebrave.org/>

Article:

Great article from the Toronto Star: *Some Kids Had a Tough Adjustment to Camp; What That can Teach us as Ontario's School Year is Set to Begin (August 2021)*

<https://www.thestar.com/news/gta/2021/08/17/some-kids-had-a-tough-adjustment-to-camp-what-that-can-teach-us-as-ontarios-school-year-is-set-to-begin.html>

Introducing your Child to their Teacher – A Sample Letter that you can create with your child:

(name)

AGE 8
GR 3

DEVELOPMENTAL TRAUMA
describes both children's exposure to multiple traumatic events and the wide-ranging, long-term effects of this exposure. They usually occur early in life and can disrupt many aspects of the child's development and the formation of a sense of self.

VISION STATEMENT
We envision our son living a life of healing and joy. We hope to see him trusting himself and those around him; believing in himself and his abilities. Our hope is for him to know he is loved and valued and deserving of a bright future.

WHAT I'M WORKING ON

- Working through my fear of abandonment
- Remembering to go to the bathroom
- Receptive and expressive language
- Following multi-step directions
- Reading and writing
- Understanding I don't need to be perfect to be deserving of love
- Processing my trauma history

WHAT DOESN'T WORK

- Not enough time to process
- Sudden change in activity
- Negative talk or yelling
- Chaotic or overly stimulating environments

STRENGTHS

- Determined and driven
- Fine and gross motor skills
- Creative problem solving
- Friendly, kind and a good friend
- Knowing what I need to self-regulate

WHAT I LOVE TO DO

- Stay active
- Socialize and make new friends
- Work with my hands
- Be praised for my efforts
- Make "Lego Beyblades"
- Get "Free Time"
- iPad Time (Prodigy)
- Play with my pets (dog, cat, bird)

WHAT WORKS FOR ME

- Visual cues for tasks/ assignments
- Peer modeling
- Schedule and routine
- Warn me about transitions
- 1 and 2 step directions
- Engaged activity
- Patience
- Calm voices
- Having a "Bathroom Buddy"

For 'All About Me' template and guide to introduce your child to their teacher, and other back to school resources, see the following link from the John McGivney Children's Centre:

<https://jmccentre.ca/transition-to-school-resources>

Resources for Educators:

ACO's Educator Workshop for educators: *Creating School Communities of Wellbeing.*

Special Note: On-line, modularized version of this training is coming soon!!

<https://www.adoption.on.ca/educator-workshop>

Trauma Sensitive Schools: many resources to help educators create trauma sensitive schools
<https://traumasensitiveschools.org/>