



# COFAF NEWS

Coalition of Adoptive Families (COFAF) | [coalitionofadoptivefamilies.org](http://coalitionofadoptivefamilies.org)

Fb

YouTube

Donate

## Fall Series: "Delving Deeper into Adoption Trauma"

Click the links to be directed to our website for more information!

**11/16/17** - [When We Know Better, We Do Better: Trauma Informed Parenting](#)

All Discussion Groups meet from: 7:00 - 9:00pm

at: 1550 Old Henderson Rd Suite N162, Columbus OH, 43220

Free Parking in the Rear!



Calling all hard working adoption social workers, attorneys and counselors. It's National Adoption Awareness Month and we are aware of how hard you work on behalf of children. We appreciate you and hope you can join us for conversation and comradery!

Tuesday November 14, from 5:30 - 7:00, 1380 Bethel Rd., Columbus OH 43220



## When We Know Better, We Do Better

Trauma Informed Parenting

Adopted and foster children have experienced trauma as a result of prenatal exposure to drugs or alcohol, separation from birth parents, neglect, physical or sexual abuse, exposure to violence, and/or institutionalization. While we would like to believe that we can "love" these trauma experiences away, we come to understand that learning to feel safe after exposure to trauma is a long and winding road. Discussion group presenter Betsy Smalley is an adoption and foster care trainer and consultant and the co-author of [Telling the Truth to Your Adopted or Foster Child: Making Sense of the Past](#) and [Wounded Children Healing Homes: How Traumatized](#)

### Night at the Columbus Funny Bone:

The challenges that often accompany the gifts of adoption are rarely acknowledged or understood—but we understand and we would like to offer you a night out at the FunnyBone.

Ticket drawing at the [November 16 Trauma Informed Parenting discussion group](#)- see you there!

Thanks to the FunnyBone and Becca Gwertz for the donation!

[Children Impact Adoptive and Foster Homes \(recently spied in the 10/17 episode of \*This is Us\*\)](#). The session will explore the impact of trauma on children's development and behavior, and learn strategies to promote healing and attachment for children with a traumatic past.

**November 16, 2017**

**7:00 9:00 pm**

**1550 Old Henderson Rd,  
Columbus, OH 43220**

## Adoption Events: About Town!

**November 9:** 7:00-9:00 pm,  
Perspective from an Adoptee's  
Heart - A Personal Story of  
Brokenness and Beauty,  
(CASAFA) Capital University  
Media Center Rm 1411 College  
and Main St Bexley, OH 43209

**November 14:** 7:00-8:30pm, All  
Adoption Support Group, (ANC)  
2760 Airport Drive Door B - Suite  
125 Columbus, Ohio 43219

**November 20-21:** Promoting  
Healthy Attachments Conference  
"Focus on Drug Addiction" –  
Oglebay Resort in Wheeling  
WVA. Registration Deadline:  
Friday, November 13, 2015.

**November 16:** 7:00-9:00pm,  
When We Know Better We Do  
Better: Trauma Informed  
Parenting, (COFAF) 1550 Old  
Henderson Rd Columbus, OH  
43214

**November 30:** 7:00-9:00pm  
Community Primal Wound  
Discussion Group - ch 4,  
(CASAFA) Capital University  
Media Center Rm 1411 College  
and Main St Bexley, OH 43209

**December 11-12:** 9:00am-  
Tuesday, December 12, 2017 at  
5:00 PM (EST) Building Better  
Lives Conference Featuring Dr.  
Bruce Perry and Dr. Stuart Albon.  
Xenos Conference Center. 1340  
Community Park Dr. Columbus,  
OH 43229

# Help COFAF Raise Awareness Around Adoption

## Support our November Fundraiser



Did you know?: Nearly six of every ten Americans have had a “*personal experience*” with adoption. — That means either they or a family member or friend were adopted, are an adoptive parent or have placed a child for adoption.

Adoption is now so mainstream that it is a storyline in the popular TV series **This Is Us**. Yet the very real challenges that often accompany the gifts of adoptive families often go unseen, leaving families to struggle on their own - to heal wounds left by relinquishment, early neglect, and trauma *in isolation*.

COFAF is acknowledging and addressing the unique needs of adoptive families in our community. COFAF is the only organization in Central Ohio providing education focused on adoptive families.

**Our work has only just begun: the challenges that often accompany the gifts of adoption are little named, acknowledged, studied or understood.**

How can you help support COFAF and adoptive families into the future?

We are and have been a 100% volunteer organization.

A meaningful contribution in this month of November, in recognition of National Adoption Awareness Month, will help us reach our goal of raising \$10,000 – help us continue to offer and develop critical programming that uniquely acknowledges and addresses the needs of adoptive families.

**Donate Now!**  
**Click Here.**

# What We're Reading: Born For Love

By Maia Szalavitz and Bruce D. Perry, M.D., PHD

Complex developmental trauma refers to a young children's experience of multiple traumatic events that occur within the caregiving system and involves some form of maltreatment by primary caregivers, the absence of a primary caregiver or the neglect of a primary caregiver. Complex trauma causes impairment in a number of areas including attachment, and behavioral control. Dr. Bruce Perry in Born for Love states

*"The attentive care that a mother gives her child shapes not just the brain system involved in forming and maintaining relationships, but also the baby's capacity to "self regulate" to control herself and her response to feeling, thoughts, and experiences. Consequently, neglected children or those with other attachment disruptions are much harder to soothe or to teach: its take a great deal more attention to calm them down and make them feel better".*

Children coming from unstable traumatic histories may constantly exist in a state of hyper-arousal, making it difficult to attach or feel safe. As a result traditional forms of correction, like a "time out" may do little to change a child's behavior. Perry continues,

*"If a child didn't get the affection needed to make the connection between people and pleasure, the pain of social punishment need to make the connection between people and pleasure, the pain of social punishments like a "time out" or "go to your room" is also diminished."*

Being trauma informed parent or caregiver means understanding how trauma affects us, how it affects our children.

## Adoptalk: The Podcast

Do you have opinions; advice or experience related to adoption that you would like to share? **Adoptalk: The Podcast** is an exciting new project COFAF is developing to highlight the many voices and views on adoption. Are you an adoptee, an adoptive parent, family member, or an adoption professional that would be interested in sharing your views?

Apply? (click): [HERE](#)

## Trending on the COFAF Facebook Page:

[10 Things Parents of "Normal" Kids Should Know](#)

[A "Lost" Daughter Speaks and All of China Listens](#)

[Having the Talk with Your Black Child - A Response to This Is Us](#)

*Click these links above to read the full articles posted to COFAF's Facebook page!*



Click this Facebook Button to Follow the COFAF Facebook page and view more articles.