

# ADOPTIVE PARENT SUPPORT MONTHLY NEWSLETTER



## FINDING PEACE IN THE HOLIDAYS: NAVIGATING EMOTIONAL TURBULENCE



### What's Inside ?

#### Watch

Join Dr. Karyn Purvis, Founder of TBRI and author of "The Connected Parent" and "The Connected Child" in a short video explaining what is happening in the mind and body of a child who has experienced trauma.

#### Read

In this article, Dave Anderson, PhD offers guidance for the questions - Why are transitions so difficult for children? Why do kids act out when they are asked to change activities? What kind of challenges can make transitions harder for kids?

#### Listen

On this episode of the 'Honestly Adoption' podcast, therapist Ruth Graham provides practical tips and advice for navigating the holidays. This is one episode of a 4-part series entitled "Holiday Survival Tips & Tricks".

### 9 TIPS TO KEEP YOUR FAMILY REGULATED DURING THE HOLIDAY HUSTLE & BUSTLE

- 1 Practice self care
- 2 Have an exit strategy
- 3 Pack healthy snacks
- 4 Use relaxation tools
- 5 Drink water
- 6 Plan down times
- 7 Know when to say "no"
- 8 Bring along comfort items
- 9 Make drives fun & relaxing



## MANAGING EMOTIONAL AROUSAL DURING THE HOLIDAYS

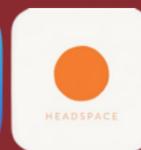
Many adopted children experience difficulties with self-regulation, or the shifting of high-level emotions into a calm, relaxed state. If your child missed key, co-regulatory experiences in their early life, this self-regulation might well continue to be a struggle for them at times. Difficulties managing high-level emotions can be as much of a challenge when the emotions in question relate to excitement as when they are related to fear or anxiety. Consequently, the frenzied excitement we sometimes actively encourage around [the holidays] can, literally, end in tears.

It may be that your child needs a modified approach and extra support to manage party time. It may be that they require your help to maintain a comfortable emotional and physiological state at times of high excitement. Engaging your child in calming, slow-paced activities, using quiet, melodic tones, rhythmic touch and movement and slow, deep breathing can be effective in helping them bring unmanageable emotional arousal down to a more manageable state. It may even be that, for your child, at this particular stage of their development, high emotional arousal is intolerable and feels unsafe. They might crave emotional equilibrium, in which case you might feel that party-time can wait.

Credit: [Top Tips for Helping Your Child Through the Xmas Period](#)



“Your calm mind is the ultimate weapon against your challenges.  
- Bryant McGill”



Apps such as Calm and Headspace can be useful tools for adults and children. Both feature guided exercises that can be used anywhere and may support mood and behavioral regulation.

### Navigating Difficult Transitions

Short Article

Transitions can be especially hard for kids with emotional or developmental issues and the reasons for these behaviors can vary a lot. [Read more...](#)



### Children from Hard Places

5 minute video

Dr. Karyn Purvis offers insight into what children from hard places need most to help them heal and become whole. [Watch here...](#)



### The Resilient Caregiver Podcast

25 Minute Podcast

Podcast hosts Mike and Kristin are joined by therapist Ruth Graham as they discuss how to create structure during the chaos of the holidays. [Listen...](#)



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