

**PROGRAM GOAL:** Help you find and enhance the individual parenting styles that work best for you, and your children.

*"We wanted to thank you for all the information you gave us this afternoon ... Thanks especially for the ear and the shoulder; I really felt much better and less alone!" Lisa and Teresa family*

### Who can become part of this program?

All families going through Families Like Ours Adoption & Foster Care program, in partnership with A Place Called Hope are automatically signed up for this program, as a program requirement. Pre and Post Adopt-foster families with WA DCFS in Region 3 (Everett area) and Region 4 need a referral for services from DCFS. Non agency families can participate in this service program for a service fee of \$3,840.

*"The training from Families Like Ours was fantastic. There was instruction, advice, and a lot of humor used to provide all the information and support we could possibly need as we made one of the biggest decisions of our lives. Not only do they help navigate through the adoption process, but are there to help you keep your sanity once a child is placed in your home." Michael and Megan, adoptive family*

### Is there a limit to the amount of families in this program?

Yes. Currently we are able to accommodate a total of 60 families per year: 30 families each year through our specialized adoption program partnership, and another 30 DCFS referred adopt-foster families. As the program grows, additional room may become available. **Call for space availability.**

## IT TAKES A VILLAGE TO BUILD A FAMILY!

*Families Like Ours (FLO) is an independent Adoption Exchange. We welcome the diversity of all pre and post adoptive-foster families. Our mission is to make change by breaking down the barriers within the adoption and foster care communities. Therefore, reducing the amount of time our children are waiting for a stable and safe forever family.*

### Thank You to our Community Partners, Sponsors and Supporters

Adoption Referral & Information Service  
A Place Called Hope  
Greater Seattle Business Association  
Northwest Children's Fund  
Northwest Resource Associates *and*  
Northwest Adoption Exchange  
Puget Sound GLBT Yellow Pages  
State Farm Insurance  
The Pride Foundation  
John L. Scott Real Estate  
Windermere Real Estate  
Microsoft Giving  
WA Combined Fund Drive  
NW Washington Association of Health Underwriters

### Families Like Ours

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*Member: Adoption Exchange Association*

# OUTSIDE THE BOX PARENTING



*Outside the Box*  
**Skills and Support, for**  
*Outside the Box*  
**Children and Families**

A program of . . .  
Families Like Ours, Inc.  
www.familieslikeours.org  
206-441-7602 | 1-877-230-3055

## BUILDING YOUR PARENTING TOOL BOX

Families Like Ours *Outside of the Box Parenting* is a hands-on program providing you practical parenting tools to help create successful families. This one-year program provides 96 combined hours through workshops, support work-groups and mentoring time.

### Program provides...

- Eight workshops, totaling 27 active workshop hours that may count towards your 36 required foster parent license hours
- Six support work-group meetings for both the parents and their children totaling 12 hours
- Phone and email support, 57 hours averaging 4.75 hours per month



## WORKSHOPS

### Adoption 102 - beyond Pride training 5 hours

- Adoption and the child
- Talking about your adoption
- What is and isn't adoption support
- Ins and Outs of "Finalization"
- Dealing with "loss" - sibling, families, etc.
- Myths, Musts and Truths

"Love & Logic" training, once per quarter 3 hours each  
12 hours total

### Stop the **Yelling!** (well, sort of)

- Assessing your loss of control
- Tools for maintaining control, step-by-step
- How to build an action plan for your family

### Bonding & Discipline through Chores & Choices

- Create a customized family chore & allowance chart
- What Logical & Natural Consequences work best for your family and child
- How to give, instead of always taking away

### Care and Feeding of an Effective Parent

- Rebuilding your energy
- Bringing some laughter back into parenting
- How to let go of the small stuff
- When to get professional help & how to choose an adoption therapist

### Common Misbehaviors and Effective Consequences

- Children learn from their mistakes, learn how not to take that away from them
- Logical and Natural consequence for the 60 most common misbehaviors
- Effectively *Out Drama* your child

### IEP & Education Advocacy Primer 3 hours

- Effectively advocating for your child at school
- Establishing reasonable goals for your child at home and at school
- Understanding the purpose of an IEP and 504 plan
- Your rights, obligation and the law

### Toughening it out: Parenting that hard kid 4 hours

- Behavior Challenges: What are they, How they Occur, Ways to deal with them
- Defining and controlling your triggers and the child's triggers
- *Staying off the stage* – how to avoid the power struggle
- Developing realistic expectations



### GLBT&Q youth & family education 3 hours

- Value conflicts, dealing with prejudices; your own and others
- The unique needs of this population
- Meeting and overcoming barriers
- Advocating for GLBT&Q youth & families
- Myths, Truths and accessing support

## SUPPORT WORK-GROUPS

Every other month member families attend our support work-groups. Parents and Children work in separate groups—both focused on the same family building exercises. Our goal is to educate and provide great tools to ensure that everyone in the family is on the same page. *Each group is limited to 15 families.*

## INDIVIDUAL SUPPORT\*

Because group support isn't always enough. Our family support team stays in contact with each family between work-groups and workshops. This time helps the families over rough patches, and is often used to re-tool skills to fit the individual family's needs. *Not everyone fits in our education box so we are the first to work with you on more outside-the-box ideas!*

*\* This program is not designed to replace any type of professional individual, or family therapy from a professional family therapist or psychologist. This program may not fit all families.*

**Questions?** For more details or to register a family, call Families Like Ours at **206-441-7602**. Currently this program is open to families in our Adoption & Foster Care Program and DCFS adopt-foster families in the Everett, WA (Region 3) area and King County (Region 4). *DCFS families require a referral.*



DEVOTED TO THE NEEDS & SUPPORT OF  
ADOPTIVE FAMILIES SINCE OCTOBER 2000

