

As we move towards the longest night of the year increasing light is right around the corner—from December 22nd until June 21st every day gets a little longer and brighter. Keeping this in mind can help us as we make our way through the holiday season—that time of year filled with joy, hope, plans, and expectations—and all too often a time when the core issues of adoption can come knocking—complicating our holidays. Please take a minute to explore some of the ideas provided here—The Consortium wishes you a joyous holiday and a calm new year!



And don't forget to visit the Consortium website for information about upcoming events and supports—<https://www.vtadoption.org/>

The Consortium's Executive Committee has an opening for a representative from the adoption constellation (parent/person who was adopted/birth parent). The Executive Committee is responsible for the strategic planning of the Consortium as a whole, including prioritizing goals, maintaining sustainability, reviewing and managing budget, overseeing best practice in adoption and guardianship work across the state, and ensuring that the Consortium mission is reflected in all services, activities, and committee work. This committee meets on the first Tuesday of each month in Waterbury from 2:00-4:00. Please consider contacting the Consortium Coordinator Catherine Harris for more information or to apply—Catherine.harris@vermont.gov.



Holiday Survival Kits for Adoptive/Guardianship Families

When children have a history of difficult experiences the holidays can be a challenge to negotiate without overwhelming feelings rushing in and taking over. This can leave parents trying to head off explosions, puzzled as to what the trigger might have been this time, and working hard to create a joyful home. While the Consortium does not endorse any of the following organizations they provide resources that you may want to explore:



- * From the MidAmerica Treatment Center—[suggestions for children with attachment issues and sensory integration problems](#)
- * From Agape Transformation—[how to maintain your sanity over the holidays](#)
- * From OCA (Orphan Care Alliance) - [adoption and the holidays](#)

And some wisdom directly from members of the Vermont Consortium:

- ◆ *Match the pace of your holiday to your child's pace*
- ◆ *Put a check on your expectations of the holidays and your extended family's expectations*
 - ◆ *Reflect on last year's holiday—how can you make this year's holiday better*
 - ◆ *Create a new family tradition together*
 - ◆ *Include a tradition from your child's birth culture or birth family*
- ◆ *Consider giving an experience rather than just gifts—this can create special memories and help to strengthen relationships*
- ◆ *Gifts aren't always easy for children to receive—keep it simple and minimize overwhelm*
- ◆ *Help your child to pick out special gifts, or better yet, make special gifts to give others*

And if you are looking for gifts from companies that donate proceeds to charities that support adoption, children, or families check out the list developed by the [AdoptiveFamilies magazine](#)