



# A Compassionate Heart

Offering parents and children the tools to help their families have fun, bond and grow.

## It's that time of year again!

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*Published Adoption Community of New England's ACONE News, September 2006*

By now most of our children are in school and settling into this year's routine. Are you settling in as well or are you just waiting for the inevitable homework issues, social situations, and other difficulties? Don't fret help is readily available!

Here are some resources to get you started:

- **Adoption Community of NE's Lending Library** – ACONE's Lending Library is a membership benefit. A search for *School Issues* provides over 25 books and cd's to select, simply complete the request form and you may borrow two titles at a time for a month.
- **The Love and Logic Institute, Inc.** – [www.loveandlogic.com/articles.html](http://www.loveandlogic.com/articles.html) There are numerous articles about teasing, bullying, schoolwork, homework and working with teachers.
- **ADD Warehouse** – [www.addwarehouse.com](http://www.addwarehouse.com) This website has many articles and books for parents, teachers and kids to help your child with ADD/ADHD.
- **PBS Parents** – [www.pbs.org/parents/inclusivecommunities](http://www.pbs.org/parents/inclusivecommunities) Public Broadcasting's website for all types of resources regarding learning challenges, special education information, building friendships, respecting differences and more.
- **Adoptive Families Magazine** - [www.adoptivefamilies.com/school/index.php](http://www.adoptivefamilies.com/school/index.php) This popular magazine's list of articles for explaining adoption to the school and strategies for helping your child's teacher to understand adoption.
- Article – **School Adjustment** - [www.parentinghorizons.com/article.asp?article=053ADJUSTMENT.txt](http://www.parentinghorizons.com/article.asp?article=053ADJUSTMENT.txt) An excellent article about children adjusting to the school year.

Every new school year is a new adventure for you and your children. Adjustments and change can be difficult at times. If you can relax and have some fun, then your child will stay calm and relaxed as well. Above all else don't forget to tell your children how much you love them and how proud you are of them always.