

## Adoption Expert Q&A Webinar

# Parenting the Hurt Child



March 9, 2016

EXPERT:  
**Regina M. Kupecky, LSW**

**Type your questions in the box to the right >>**

*When submitting a question, please indicate your child's current age and his/her age at the time of adoption.*

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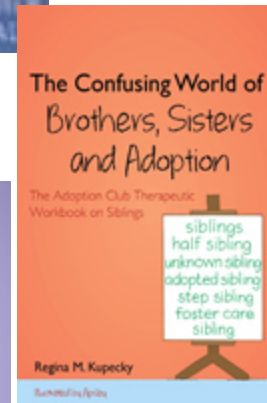
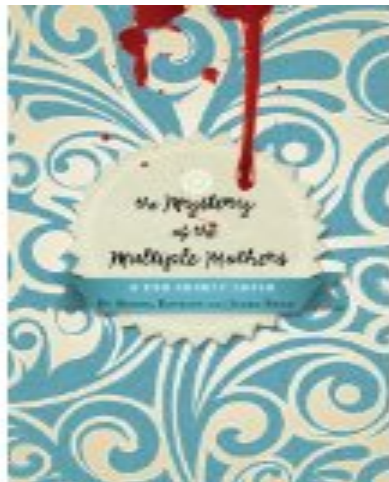
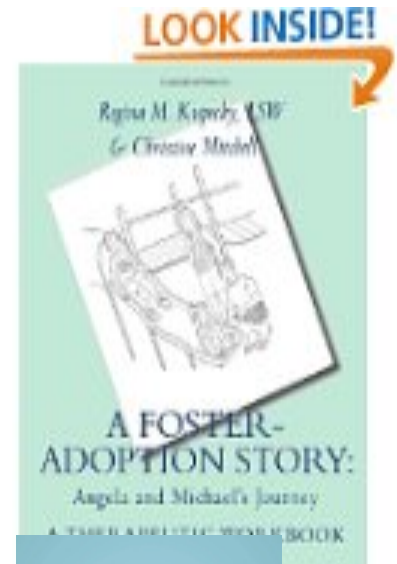
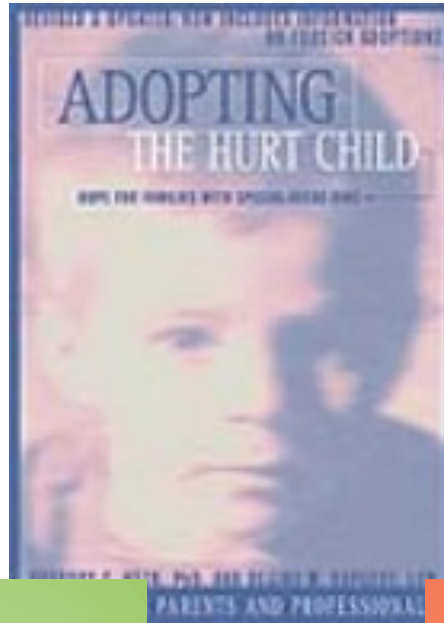
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# Books by Regina Kupecky



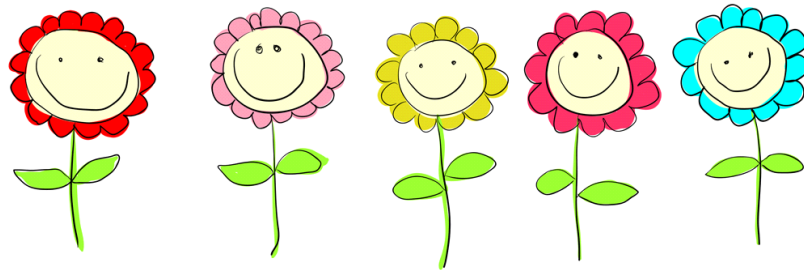
# 5 new workbooks for children

- **ADOPTION CLUB SERIES**
  - Let's Learn About Adoption
  - How We Feel About Adoption
- The Confusing World of Brothers, Sisters
  - Friends, Bullies and Staying Safe
- Who We Are and Why We Are Special



# Nurture, humor and fun!

Eye contact, Touch, Talking, Smells, Food, Motion, Warmth



## CAUSE AND EFFECT THINKING



## DELAYED GRATIFICATION



**WAIT!!!!!!!**



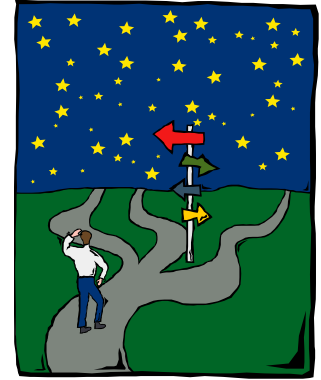
# Safety First!!!!

If it is not broken, don't fix it  
You know the child best  
Developmentally sound





Avoid control battles



Win the ones you take on

Pick and choose carefully



# Ineffective Discipline

- Rewards
- Punishments
- Time Outs
- Corporal
- Grounding
- Deprivation
- Isolation

# Effective Discipline

- Natural
- Logical



**Control Battles**  
**Holes**  
**Choosing issues**  
**Choices**  
**Praise/Accountability**  
**Prescribing**  
**Symptom**  
**Unpredictability**  
**Reciprocity**  
**Reducing anger**  
**Humor and play**  
**One minute scold**

# Treatment Principles

Completely truthful disclosures help the child to heal and grow



# THERAPIES TO LOOK AT

- Trauma based adoption/attachment therapy
- Neurofeedback
- Theraplay
- Sensory Integration Therapy
- Group Therapies geared to children with similar issues

# Questions?

Please enter your questions for Regina M. Kupecky, LSW,  
in the box to your right.

***When submitting a question, please indicate your child's current age  
and his/her age at the time of adoption.***



Please note: Attendance and all questions are confidential.  
Only the moderator of the webinar will see the questions and the names of the attendees.

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# Thank You!

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