

THE ADOPTION CLINIC NEWSLETTER

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DID YOU KNOW?

- The Adoption Clinic has seen children from over 55 countries around the world since 2002
- The clinical staff has over 75 total years of experience working with adoption and foster care children and families.
- All clinical staff have been trained in TBRI (Trust Based Relational Intervention)

Insurance Coverage Expanded

We are now able to bill insurance for our occupational therapy services. Thus, developmental assessments will no longer be an out-of-pocket expense for families. It is important to check with your insurance provider to understand coverage for these services. Please contact our office for further details.

VISIT OUR WEBSITE AND CLICK "DONATE" OR CALL 205.638.6964 TO DISCUSS DONATION OPTIONS.



Dear Family and Friends,

We have had so many of you reach out letting us know the joys and challenges that this last year has been in your world. It is a privilege to support each of you who are therapeutic parents and professionals working with these precious children.

In this newsletter, we would like to provide some updates regarding our clinic, upcoming events and some helpful tips regarding anxiety specifically related to sleep issues during a year of so much transition.

The Adoption Clinic Team

OUR NAME HAS CHANGED

The International Adoption Clinic is now The Adoption Clinic.

For 19 years, we have worked with families adopting internationally. In the last few years, we have expanded our services to families adopting domestically or to children in the foster care system.

In 2020, we decided to change our clinic name to reflect these expanded services and our desire to help all children from adoption/foster care backgrounds.

SLEEP ANXIETY TIPS

- Has the child recently experienced any significant changes to routine or overstimulating events? Oftentimes, sleep disturbance is caused by positive OR negative overstimulating activities or changes in routine that may increase anxiety.
- Consider sleeping in the same room. The farther your child is from you, the greater chance of anxiety.
- Consider your nighttime routine. Try low-key activities at least 30 minutes before bedtime (reading, rocking, bottle/snack, lotion).
- Establish a predictable routine (going to bed on time, same bedtime activities).
- Turn off TV or electronics at least 30 minutes prior to bedtime.
- Try a nightlight or lava lamp for background lighting.

EVENTS

Adoption Boot Camp (International)

This online, recorded seminar provides education on developmental, emotional and medical needs of children from an international adoption background. You can hear from our team of specialists from the privacy of your own home, wherever you are and at your own pace.

Adoption Essentials: Grow. Connect. Learn. (Domestic or Foster Care)

September 11, 2021 | 8:30 a.m. – 5:00 p.m.

This live, virtual seminar occurs twice a year and provides education on developmental, emotional and medical needs of children from an adoption or foster care background.

For more information or to register for these seminars, email adoption@peds.uab.edu.

CONTACT

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childrensal.org/adoption-clinic



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