

# New online resource for adoptive parents goes live

*Popular PAC-UK programme, Enhancing Adoptive Parenting, is now easily accessible to all*



child self-regulate, how to use positive attention to change behaviour, and how to support your child in forming new relationships. The importance of strengthening attachment is covered too, as is effective limit setting and appropriate consequences.

Veronique Faure, Child & Family Therapist at PAC-UK, said: "The value of EAP is that it is an early intervention that aims to support parents in making sense of their children's behaviour through the lens of trauma and attachment, as opposed to parents feeling that they just have to 'manage' the children's behaviour, without recognising that it's a response to trauma."

See page 31 for information about other online resources for adoptive parents.

In 2017, PAC-UK launched its *Filling The Gaps* survey. Aimed at adoptive parents, special guardians and professionals working in the adoption and permanence sector, the survey was designed to find out what more was needed with regard to post-adoption provision. The reaction was overwhelming, with more than 700 respondents feeding back about the challenges of meeting the complex needs of children affected by removal from their birth families, early neglect and abuse, and other traumas - often long after court orders had been made. One point which came up again and again was the need for greater online resources available to all families who might need them, regardless of location and access to funding.

It is for this reason that PAC-UK has created - with help from a grant from the People's Postcode Trust - an online set of 10 therapeutic parenting video clips, based on the Enhancing Adoptive Parenting (EAP) programme.

The original EAP programme was devised by Dr Alan Rushton and Dr Helen Upright following a randomised controlled trial. It was specifically designed to help adopters parent their newly-placed children. EAP has since become an authoritative, dependable programme that is regularly delivered by PAC-UK - either in parents' homes or via Skype. Funding is often provided via the Adoption Support Fund.

The aim of the online EAP video clips is to widen the scope of the face-to-face programme and make it available to all adoptive parents, special guardians, foster parents and soon-to-be adoptive parents who might wish to access it. For a cost of £50, any parent who wants to learn about therapeutic parenting techniques for their child, who might be struggling with the effects of early trauma and subsequent attachment difficulties, can now access this new online resource.

The ten EAP video clips start with helping parents to understand the importance of attachment and the effects of early adversity and trauma on a child's sense of security and their behaviour. The following sessions offer practical strategies on how to help your

## Review

These clips are an excellent starting point for beginning to explore and understand therapeutic parenting - a new concept to many parents entering the world of adoption.

Each video, narrated by adoption professionals, acknowledges and helps to explain the reality of living with a child with challenging behaviour. And although most include a fairly hefty dose of theory, they move on to some good practical top tips.

The videos, each 10-15 minutes long, reinforce what a challenging role adoptive parents take on. And so they're good for those thinking about adopting and also those who are already adoptive parents, but perhaps struggling to make sense of their children's behaviour.

Starting with an introduction to the Enhancing Adoptive Parenting programme, the series moves on through topics such as Understanding insecurity attachment, Special play and Fears and anxieties. Some key learnings:

- the need for self-regulation
- acceptance that it will be different
- the need to recognise early on that most adopted children are emotionally younger than their actual age
- to be open about that with family, friends and school.

This series of video clips is a great addition to any adoptive parent's toolkit. They provide a good backdrop to a support network of people who 'get it'. A good resource to watch, consider then return to and dip in to over time.

In our tenth year as adoptive parents, we wonder what we might have done differently if this kind of resource and information had been available when we started out.

**Ruth, adoptive parent**

For more information, please look up [www.pac-uk.org/our-services/childandfamilyservice/enhancing-adoptive-parenting](http://www.pac-uk.org/our-services/childandfamilyservice/enhancing-adoptive-parenting) or ring our advice line on 020 7284 5879.