

I am for you, not against you

Most adopted children or children in foster care feel like it's them against the world, and it's because they've had to survive toxic or abusive environments. Sometimes they're defending themselves from something that actually already happened.

Just like a baby and a caregiver build their relationship through hundreds of times the child cries and the caregiver responds with love, the child God has placed in your home needs to know you'll be there. But how can you assure them that they can trust you and you won't do the same they experienced in the past? by multiple repeated experiences. As you meet their physical and emotional needs you are building the bridge of the relationship and you send the message that you are for them and not against them.

Remember that inappropriate behaviors are driven by old traumas, neurological limitations and the urge to survive. They're used to operate based on their past life experiences and impairments. But when you consistently send the message that you care, your child interprets that **safe adult will take care of me and protect me. My needs matter to this adult which ultimately means: I matter.**

And, how can you send the message in a practical way?

- By showing emotional warmth and affection daily.
- Seek opportunities to praise them honestly - make them know they are precious and valuable.
- Be attentive and kind to them.
- Let your interactions be playful.
- Try to match/mirror their voice, behavior and posture.
- Use simple words.
- Touch them gently on the cheek or arm as you talk.



Where in the Word?

And we know that for those who love God all things work together for good, for those who are called according to his purpose...

If God is for us, who can be against us?

Romans 8:28, 39b

As we walk in our relationship with God, we're building history together as He reveals himself to us in his love and faithfulness. In this journey we learn and believe He is for us one step at a time. No matter what we've done, or gone through, He works all things for good, for His glory.

You have been called to be a parent to a child that has been wounded and hurt in the past and God will not leave you alone in this.

We've all experienced different kinds of hurts just as we've hurt others, but the good news we're reminded of today is that He is still for us. In our imperfections He is still working for, in and through us. Just as He is with your children.

We pray that God, through His grace and mercy assures you in Him, with His truth and continues to give you the perseverance and love to keep going in the race marked out for you.