



FAMILY ACTS: (Top) Katherine and sister Meg make their mom, Nancy, the center of attention; (bottom) Katherine and Naleigh enjoy a mother-daughter date.

P&C: What are some parenting values you and Josh bring from your own childhoods?

HEIGL: We both have families who believe in character, integrity, and morality. Not to be overindulged, to be respectful of parents. We feel strongly about these things, especially because of the industries we're in. We'll have to work a little bit harder to keep Naleigh grounded and to make sure she understands how blessed she is—how blessed we all are.

P&C: You lost your older brother when he was fifteen. Can you tell us about the Jason Debus Heigl Foundation that you and your mother established in 2008 in his honor?

HEIGL: The foundation carries on my brother's legacy—he had a social consciousness that not many kids have at fifteen. Our mission is to help those who can't stand up for themselves—children and animals. Right now we're focusing on pet overpopulation in Los Angeles.

P&C: We understand that you've saved 4,500 animals from kill shelters.

HEIGL: Yes, we save many by transporting them to other states that have waiting lists to adopt. We're also trying to make spay and neuter programs accessible and to educate pet owners.

P&C: You also do work for organ donation?

HEIGL: Yes, with an organization called Donate Life. Organ donation is hard to talk about, and our family faced it under the worst circumstances. The accident left my brother with a brain injury, but everything else was working. So we were able to donate most of his organs.

P&C: Did it help with the healing process?

HEIGL: There's a grace in it, this ability to honor him this way. It helps a little to know that he lives on at some level, that people say his name every day now.

P&C: On a lighter and final note, your new movie, "One for the Money," opens in January and stars Debbie Reynolds. What was it like working with such a Hollywood legend?

HEIGL: At first it was intimidating because I admire her so much. But we had such a good time. She always had a cough drop in her mouth and in one scene, I started choking on roast beef. She made me take a cough drop, and it worked. She said, "Yeah, old people know a lot. We just want to pass it along before we die." She is the kookiest, funniest, raunchiest chick you'll ever meet! **P&C**

Sarah Jane Brian is the editor of *Scholastic Action* magazine. She lives in New York City with her husband and two children.

What to Expect When You're Adopting

Adopting from Another Culture

▪ Even if your child doesn't show interest, incorporate his birth culture into your family through art, books, and more in your home. It's important that you have your own love and appreciation for his cultural background.

▪ If strangers approach you and make insensitive comments—"How much did she cost?" or "Too bad you couldn't have one of your own"—feel free to educate them, or not. If your child is old enough to understand, openly discuss the incident with her when you get home, and let her talk about how it made her feel.

For Every Adopting Family

▪ Join groups (online or in person) of other families like

yours to find support and a sense of belonging for you and your child.

▪ Share your child's birth and adoption story with her freely and right away, even if she's too young to understand at first. That way, as she gets older, you'll feel more comfortable telling it.

▪ Keep in mind that not every issue your child has will be adoption-related. He may act up because he's 13 and that's what kids do at 13!

▪ For more insight, try resources like *adoptivefamilies.com*, *Adoptive Families* magazine, and *Twenty Things Adopted Kids Wish Their Adoptive Parents Knew* by Sherrie Eldridge.

Source: Emily Rosen, MSW, LCSW, a licensed clinical social worker, adoption specialist, and the founder of *Adopt-Consult.com*.

READ MORE of our interview with Katherine Heigl at www.Scholastic.com/parentandchild. You'll also find a link to the music video "Naleigh Moon."