

APRIL 5, 2011

WATCH YOUR MAILBOX FOR OUR SUMMER TRAINING SCHEDULE!!

----- DID YOUR HEAR THE NEWS? -----

IFAPA is offering trainings this summer! Our schedule should be arriving in your mailbox any day now. The schedule includes trainings being offered May 2011 through August 2011. We will be offering classes on the following topics:

- Attachment & Bonding
- Cultural Awareness
- Domestic Violence
- Caring for Children with HIV
- Managing Behaviors
- Minimizing Your Risk
- Parenting Teens
- Sexual Abuse
- Substance Abuse
- Trauma

Check out our entire training schedule at:

http://www.ifapa.org/training/ifapa_training_schedule.asp



BULLYING RESOURCE

The National Resource Center for Permanency and Family Connections provides an information packet on bullying. The packet was recently updated to include discussion of cyberbullying, as well as statistics and information on bullying and GLBTQ (gay, lesbian, bisexual, transgender, and questioning) youth. It explores characteristics of bullies and victims, and explains why bullying is an important and relevant topic in child welfare. It offers steps families and child welfare professionals can take to provide help, as well as an array of resources on the subject of bullying.

Find this information on the NRCPCF website:

www.nrcpfc.org/is/downloads/bullying.pdf

THANK YOU!

Thanks to every family who completed our recent training survey. We received an outstanding response from families!! IFAPA has tallied the results from this survey; we will use the feedback we received from you when we begin to plan our future trainings. We look forward to offering more new trainings that meet your parenting needs.

April is National Child Abuse Prevention Month

April is National Child Abuse Prevention Month, a time to raise awareness about child abuse and neglect and create strong communities to support children and families. Visit the 2011 National Child Abuse Prevention Month website for resources on the following:

- Strengthening Families and Communities: 2011 Resource Guide, a guide to help service providers strengthen families by promoting key protective factors that prevent abuse.
- Tip sheets (in English & Spanish) for parents and caregivers on the following topics:
 - * Bonding with Your Baby
 - * Dealing with Temper Tantrums
 - * Connecting with Your Teen
 - * Teen Parents...You're Not Alone!
 - * Ten Ways to Be a Better Dad
 - * Raising Your Grandchildren
 - * Military Families
 - * Parenting Children with Developmental Delays/Disabilities

Find this all at: www.childwelfare.gov/preventing/preventionmonth

See page 2 for details about IFAPA's Free Training on Domestic Violence

FREE TRAININGS FOR PARENTS

To register for a class listed below, call IFAPA at 800-277-8145 ext. 1 or register online at: www.ifapa.org/training/training_registration_form.asp.

Teen Anger: How to Regulate Your Home Atmosphere!

Teen angst and anger are typically frustrating to both parents and teens. This class will teach both parties effective communication techniques that will improve the way they speak to each other. Parents and their teens will learn about opposite thinking patterns and learn through role play how to handle situations that they face daily. Participants will examine factors that push anger out of control while learning ways to step out of harmful family cycles and into patterns that strengthen the relationship. ***Teens are welcome to attend this class with a parent.*** **Trainer: Kim Combes, LBSW, M. Ed. & Terri Bailey**

Sat., Apr. 30 (9am-4:30pm) – **Dubuque** (Keystone AEA)
Sat., May 14 (9am-4:30pm) – **Sioux City** (NW AEA)
Sat., Aug. 6 (9am-4:30pm) – **Cedar Rapids** (Kirkwood College)

Responding to Cultural Differences – What’s a Parent to Do?

Designed for foster and adoptive parents, this workshop will describe techniques and strategies that integrate cultural responsiveness into everyday life in a foster or adoptive home. More importantly, this workshop will focus on practical ideas for dealing with issues of cultural, racial, and ethnic “lenses” that impact shared parenting and working with other professionals. **Trainers: Heather Craig-Oldsen, MSW, CSW, Leticia Quintanilla & Gwen Vargas Porter**

Sat., Apr. 30 (9am-12:15pm) – **Sioux City** (Stoney Creek Inn)
Sat., May 14 (9am-12:15pm) – **Council Bluffs** (IWCC)
Sat., July 23 (9am-4:30pm) – **Ankeny** (DMACC)

Promoting Healthy Growth & Development of Gay, Lesbian, Bisexual, Transgender, & Questioning (GLBTQ)

Youth in Foster Care - As youth in foster care begin to trust their foster/adoptive parents it is more likely that those who identify themselves as gay, lesbian, bisexual, transgender, and questioning (GLBTQ) will share their thoughts and emotions with their family members. Through the development of trust comes important opportunities for helping the young person grow and develop positively. Designed for foster and adoptive parents, as well as child welfare staff, this workshop will describe techniques and strategies that promote the healthy growth and development of GLBTQ youth in care. **Trainer: Heather Craig-Oldsen, MSW, CSW**

Sat., Apr. 30 (1:30pm-4:45pm) – **Sioux City** (Stoney Creek Inn)
Sat., May 14 (1:30pm-4:45pm) – **Council Bluffs** (IWCC)

Supporting Children Exposed to Domestic Violence

This training focuses on the dynamics of domestic violence, the impact of exposure to domestic violence on children, and strategies for supporting children who have been exposed to domestic violence. This class is for parents with all levels of experience in caring for children who have been exposed to domestic violence. **Trainer: Pam Jones**

Sat., May 14 (8:30am-11:45am) – **Ames** (Country Inn & Suites)
Sat., May 14 (1:30pm-4:45pm) – **Des Moines** (Holiday Inn NW)
Sat., May 21 (1pm-4:15pm) – **Dubuque** (Keystone AEA)
Sat., June 25 (1pm-4:15pm) – **Cedar Rapids** (Kirkwood College)

Scholarship Opportunity for Adoptive Youth

UMPS CARE Charities All-Star Scholarship Opportunity

The UMPS CARE Charities All-Star Scholarship opportunity is open to children adopted from the U.S. foster care system at age 12 or older and provides increased opportunities for advanced education. UMPS CARE Charities, SlateXP, and the Dave Thomas Foundation for Adoption (DTFA) are administrators of the scholarship program.

The specific eligibility requirements are as follows:

- Applicants must have been adopted from the U.S. foster care system at or after the age of 12.
- Applicants must reside in the United States.
- Applicants must be graduating high school seniors.
- Qualifying grade point average must be maintained or improved throughout the applicant’s senior year.
- Applicants must demonstrate financial need.
- 2011 recipients may be awarded multiple year funding, with application.

APPLICATION DEADLINE: May 1, 2011

For additional details and to print the application, visit:

www.ifapa.org/news/documents/UMPS CARE_2011Application.pdf



Would You Like One of IFAPA’s Stride for Foster Care Walk T-Shirts?



REGISTRATION DEADLINE IS MONDAY, APRIL 18

EVENT: SATURDAY MAY 7TH

CHECK IN AT 10:30AM

WALK AT 11:00AM

WEST DES MOINES
RACCOON RIVER PARK
CONEFLOWER SHELTERS
(2500 GRAND AVE)

For more details and to register or donate to the walk, visit:

www.ifapa.org/events/stride_for_foster_care_walk.asp