

# NEWS FROM YOUR PEER LIAISON

May 2016

## National Foster Care Month

*Honoring, Uniting and Celebrating Families*

Every day children of all ages—from infancy through adolescence—are removed from their homes due to situations beyond their control. Scared and confused, angry and traumatized, these children need a stable home where they can be cared for temporarily or long term.

Thank you for being there to provide, care for, and love these children when they so desperately need it.



Foster parents and relative/kinship caregivers are critical partners in child welfare and are key players working to achieve permanency for children and youth in care. As primary caretakers, foster parents and kinship caregivers play significant roles in working with parents and in carrying out the tasks in a child's permanency plan. There are resources available that support caregivers' well-being and strengthen their efforts to partner and work with families and outline ways to prepare and promote the timely and safe return of children and youth to their parents.

<https://www.childwelfare.gov/fostercaremonth/resources/caregivers/>

Family reunification is the most desirable permanency goal and is the most common [outcome](#) for children in foster care. Child welfare agencies are required to implement multifaceted strategies that build on family strengths while ensuring safety. Such strategies may include family engagement, maintaining family and cultural connections, connecting families to evidence-based services, regular and frequent visits among family members and with the worker, and parent education.



### CANDICE YORK

IFAPA Peer Liaison

#### How to Contact Me:

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Find me on Facebook at:  
"South Central IFAPA"

### I UNDERSTAND... I AM A FOSTER PARENT TOO

IFAPA recognizes that foster parents often need the perspective of peers during the foster parenting and adoption experience.

I can provide support and assist you with questions regarding:

- Licensing requirements
- Training needs
- Respite care
- Behavior challenges
- Working with birth families
- Confidentiality issues
- And much more!

Over 30 Years  
**ifapa**  
a resource for families  
Iowa Foster & Adoptive Parents Association

[www.ifapa.org](http://www.ifapa.org)

# NEWS FROM YOUR IFAPA PEER LIAISON

## Fun Spring Activities Checklist

The weather is warming up and everything's turning green. Shed your winter coat and get started on this list of fun ways to enjoy the spring season.

### The Great Outdoors

Plant something green  
See the cherry blossoms  
Have a picnic at the park  
Jog outside  
Take a hike  
Play softball  
Ride a bike  
Visit a farm to see the animals  
Go horseback riding

### Eat & Drink

Bake cupcake with pink (or lavender or yellow or baby blue) frosting  
Eat a ripe apricot  
Pick strawberries  
Eat jelly beans  
Buy a package of Peeps

### Nostalgic

Fly a kite  
Look for four-leaf clovers  
Jump in puddles  
Get dirt under your fingernails  
Blow bubbles  
Climb a tree  
Find a playground and swing on the swings  
Feed the ducks at a pond  
Draw pictures on the sidewalk with chalk  
Skip stones across a pond

### Just Because

Watch bumblebees in the garden  
Notice the trees budding  
Spot a rainbow  
Listen to the birds singing  
Feel the sun on your face  
Leave your windows open to catch a spring breeze  
Pet a bunny  
Get caught in a rain shower  
Visit the zoo

## Upcoming Training and Events

Saturday, May 7 8:15 am to 4:00 pm	Together we can conference: Planning for successful transitions. Des Moines Iowa State Fairgrounds Varied Industries Conference Center 3000 E. Grand Ave
Saturday, June 4 9:00 am to 12:15 pm	The ABC's of Early Childhood Connections: Nurturing Social & Emotional Development in Infants & Toddlers. Ankeny IFAPA Training Center 6864 NE 14 <sup>th</sup> St. Suite 5
Saturday, June 4 1:15 to 4:30 pm	Grrr.... I'm just so mad: Helping young children deal with their anger. Ankeny IFAPA Training Center 6864 NE 14 <sup>th</sup> St. Suite 5
Saturday, June 11 9:00 am to 12:15 pm	Mandatory Child Abuse Reporter Training. Ankeny IFAPA Training Center. 6864 NE 14 <sup>th</sup> St. Suite 5
Saturday, June 11 1:15 to 5:30 pm	CPR & First Aid. Ankeny Location TBA
Saturday, June 18 9:00 am to 4:30 pm	Beyond Parenting 101. Ankeny IFAPA Training Center 6864 NE 14 <sup>th</sup> St. Suite 5

**What is the Reasonable and Prudent Parent Standard (RPPS)?** The Reasonable and Prudent Parent Standard allows foster parents to give their foster children permission to do age appropriate activities that promote cognitive, emotional, physical and behavioral growth. **For additional information and to view the RPPS training video, [CLICK HERE](#)**

## Peanut Butter Banana Roll-ups



### Ingredients

½ cup peanut butter (or almond butter), creamy or chunky  
4, 8-inch tortillas, flour or whole wheat  
4 bananas, ripe to eat

### Instructions

1. Starting in the center of each tortilla, spread 2 tablespoons of peanut butter evenly around the entire tortilla. Leave a one-inch border plain
2. Peel the banana and place in the center of the tortilla on top of the peanut butter
3. Pull one side of the tortilla over the banana, securing the peanut butter to the banana, then roll up
4. Cut in half to serve, or cut in smaller pieces for little ones