

# NEWS FROM YOUR PEER LIAISON

APRIL 2015



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IFAPA Peer Liaison

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**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!



www.ifapa.org

## \*\*\*PLANNING FOR SUMMER CAMPS\*\*\*

Summer is about having FUN with family and friends, and cooling off outside! At ASK Resource, they want to make it easy for Iowa kids with disabilities to access all the summer fun their hearts desire whether it's a day or overnight camp! The 2015 Camp List will be on their website shortly ([www.askresource.org](http://www.askresource.org)) although many camps this year will be the same as last year. Check them out at: <http://findfamilies.org/groups/summer-camps>

**Let's start planning early for a successful summer!**

### TIPS and TOOLS BEFORE HEADING TO CAMP:

#### \* *Preparing Your Child — and Yourself*

Talk about the benefits of attending camp (new sport, new friends, and a break from the daily routine). Get as much information as possible, including a description of the layout and a video, and go over these with your child. Consider starting with a regular sports or day camp if your child may feel intimidated. Consider sending them with a friend. Tell your child that you'll be checking in regularly with the camp staff and stress that he or she can always let them know if his or her needs aren't being met.

#### \* *Sharing Information with Camp Staff*

Some parents are reluctant to share too much information with camp staff for fear it will have negative repercussions for their child. But good camps will want and need to know as much as possible — the more information they have, the better. You can help educate the staff by spending time with them and answering and asking questions before you drop off your child.

#### \* *What to Pack*

Try to limit the special equipment your child brings, especially if it's expensive or breakable. And mark or label **everything** with your child's name to make it easier to keep track of belongings. If the camp hasn't sent you one, you should call ahead for a list of recommended items.

#### \* *Dealing with Anxiety and Homesickness*

Many camps don't allow direct contact between parent and child while the camp is in session — they do this to help the campers stay focused on their activities. This can be scary for parents of kids with special needs, which is why it's important that you figure out, ahead of time, how you'll get information about your child's status. Will the camp call you with updates or can you occasionally call or email the supervisor and camp staff?

More details at: [http://kidshealth.org/parent/firstaid\\_safe/outdoor/sending\\_child\\_camp.html#](http://kidshealth.org/parent/firstaid_safe/outdoor/sending_child_camp.html#)

Information provided by: ASK Resource Center (515) 243-1713/ (800) 450-8667 [www.askresource.org](http://www.askresource.org)

# NEWS FROM YOUR IFAPA PEER LIAISON

## Support Group Happenings

### NCIFAPA Support Group

\*SAVE THE DATE:

\*We will be cancelling our May 12 support group meeting so families can attend the May Appreciation Event. Watch for upcoming details!

\*Tuesday, May 19th, 2015

\*Training TBA

\* Contact Christie McGuire with questions at 855-929-2005

### HHWW Foster/Adoptive Parent Support Group

\* Monday, April 13th @ Hamilton Co. Extension Office

\*5:30 p.m.--Meal (RSVP number attending to Julie by April 9th)

\*6-8 p.m--Topic "Darkness To Light" by Michelle Walters (2 hrs credit)

\*Childcare is available ( Ages 0-18)

\*Contact Julie Schroeder for more information at 515-291-3029

### Ames Foster/Adoptive Support Group

\*The next meeting will be Thursday, April 9th, 6-8:00 p.m.

\*"Confidentiality" training with Dr. Warren Phillips (2 hrs credit)

\*Cornerstone Church, 56829 US Hwy 30 in Ames

\*Childcare is not available

\*Contact Christie McGuire for more information at 855-929-2005

### Fort Dodge Lunch and Learn

\* The next meeting will be Thursday, April 23, 11:30-1:00 p.m.

\* Lunch & training-"What is BHIS" ( 1 hour credit)

\* Grace Lutheran Church, 211 South 9th St. in Fort Dodge

\*Contact Julie Schroeder for more information at 515-291-3029.

### MARSHALL COUNTY SUPPORT GROUP

\*The next meeting is Tuesday , April 14, 2015, 6-8 p.m.

\*"Handling a Behavior Crisis"(2 hrs credit)This was given in May 2013 & you can only take credit for each training once

\*New Hope Christian Church, 3901 S. Center in Marshalltown

\*Child care is offered--donations accepted.

\* Contact Mindy Speake for more information at 515-291-1292.

## SPRING TIDBITS

### IFAPA Activities

Planning For Successful Transitions  
Mini Conferences

Preparing youth for adult living,  
learning, and working.

These conferences will be held in five  
different locations. Please see details  
and registration at [www.ifapa.org](http://www.ifapa.org)

### Summer Trainings

The latest IFAPA training schedule is  
now available. There is a wonderful  
selection of topics to choose from  
through August. **Register online or  
call IFAPA at 800-277-8145 ext. 1**

[http://www.ifapa.org/training/ifapa\\_training\\_schedule.asp](http://www.ifapa.org/training/ifapa_training_schedule.asp)

## CAMPFIRE CONES



Stuff an ice cream cone with choc  
chips, nuts, toffee pieces, mini  
marshmallows, butterscotch bits...wrap  
in foil, place on campfire to melt all  
together! YUM!

