

# NEWS FROM YOUR PEER LIAISON

## AUGUST



**CHRISTIE MCGUIRE**  
IFAPA Peer Liaison

### How to Contact Me:

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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

## 6 ADHD-Friendly Calming Strategies to Stop ADHD Meltdown

### Why It's the Witching Hour (or Two)

It's a roller-coaster ride from the time our ADHD kids get home until they go to bed. Kids walk through the door mentally exhausted, physically edgy, and starving. What's more, their medication has usually worn off, causing their ADHD symptoms to return with a vengeance.

### Avoid Over-Scheduling

Don't over-schedule your child with afternoon activities. Kids with attention deficit work twice as hard and need twice as much downtime. Set up a space for your child to calm down in. Supply it with quietly play –jigsaw puzzles, video games, and books to read.

### Save the Errands for Later

Since moodiness, irritability, anger, and defiance are common in ADHD kids who are tired and hungry, don't force your child to accompany you on errands right when they get home. If you have to go out, hire an ADHD-friendly babysitter.

### Take It Outside

Getting outdoors and moving around releases tension and hyperactivity, allowing your ADHD child to sustain mental focus for longer periods of time. Suggestions: rake the leaves, ride a bike, go swimming, or take a walk in the park.

### Consider an Afternoon Dose of Meds

Talk with your child's doctor about giving him an afternoon dose of ADHD medication. Many children benefit from a second dose, which helps them focus and stay calm during the second half of the day.

### Pile On the Protein

Watch what your child snacks on in the afternoon. Foods rich in protein will help balance a child's mood better than foods high in simple carbohydrates.

### Hire a Tutor

Consider hiring a tutor or a high school student to help your child with homework. A non-family member is usually a better homework helper than parents.

### Be Supportive

Be realistic about your expectations. Remember that children with ADHD need positive reinforcement, even on tough days. Acknowledge the accomplishments that they have made, large and small.

Suggestions taken from Attitude Magazine

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## SUPPORT GROUP HAPPENINGS

### NCIFAPA SUPPORT GROUP

- \*Certified Respite Program by Nancy Magnall, 2hours credit
- \*Tues., August 12, 2014 at DHS Liberty Room in Mason City
- \* 6:30 pm light supper provided, training 7-9 pm
- \*Families are required to attend to use this program for you foster children!

### HAMILTON, HARDIN, & WRIGHT SUPPORT GROUP

- \*Tues., August 12 @ St. Thomas School Gym/lunchroom
- \*5:30-8pm(training begins at 6pm for 2 hours credit)
- \*Grilling first then Carly Shaw/Linda Coon train "Create a Good Relationship with The Birth Parent"
- \*Contact Julie Schroeder for more information at 515-291-3029

### AMES SUPPORT GROUP

- \* Support group is on summer break and will resume trainings in October!

### SANDWICH, SALAD, & SUPPORT

- \* Next meeting will be in September in Fort Dodge
- \* Watch newsletters for upcoming details
- \*Contact Julie Schroeder for more information at 515-291-3029.

Northern Polk , Boone, & Story Co. Area Adoption Support Group  
This group is open to kinship, foster, any any type of adoptive parent. Support group held in Ankeny .

- \* Contact Regina Johnson for meeting dates/times.  
\*515-422-1690 or rjohnson@fouroaks.org

## SUMMER TIDBITS

### Friends Foundation

starts over July 1<sup>st</sup>. This is additional monies available to each foster child to help with "extras" that aren't covered!

**Birth to 15...up to \$200.00**

**16 and older... up to \$300.00**

Fill out the form at :

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

## IFAPA's Fall Conference

Friday & Saturday, October 17-18, 2014

Ramada Hotel & Conference Center (Waterloo)

A few of the workshops to be offered:

I Like This Child, But What About Those Behaviors  
Managing Multiple Diagnoses  
Medical Trauma  
Navigating the Social World  
Organizing Caregiver Paperwork  
ODD in Kids and Teens  
Parenting the Parent  
The Impact of Domestic Violence on Children  
Schools and Attachment  
Working with Children Who Have Been Sexually Abused or Who Are Sexual Perpetrators

