

NEWS FROM YOUR PEER LIAISON

February



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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

Are You Working With A Child With Reactive Attachment Disorder?

Reactive Attachment Disorder (RAD) can happen when a child is not properly nurtured in the first few months and years of life and learns that adults will not help him or her. Children whose parents are not involved learn that their needs are not primary to adults. Children learn that things do not feel good and are not safe for them. In severe cases, the child learns that adults are hurtful and cannot be trusted. The child with RAD, therefore, develops habits of dealing with the world in a way they believe will keep them safe. They can manipulate it in order to control a world they literally think will kill them if they do not control it. Sometimes, with therapy, kids with RAD can develop the attachments to human beings which enable them to trust, accept discipline, develop cause-and-effect thinking, self-control, and responsibility for their own actions.

Some suggestions for you and their teachers to try when working with children with RAD:

- 1) **Try and establish EYE CONTACT:** Even if that means they are looking at your forehead or chin. This may be very difficult for the child. Touch your finger to your nose when talking to the child to help with this.
- 2) **ACKNOWLEDGE GOOD DECISIONS AND GOOD BEHAVIOR:** “I see you made a good choice and finished your homework last night.” “I see you decided to sit out the game rather than get into a fight with Sally; that’s a good choice.”
- 3) **ALLOW NATURAL CONSEQUENCES FOR POOR DECISIONS AND BAD BEHAVIOR:** Poor decisions and choices, such as incomplete homework or wrong weight jacket for the weather, also need to be acknowledged. “I see you chose to have incomplete work from this activity. You may finish it at recess while the other children who chose to finish their work go outside and play. Better luck next time.” Nothing mean, or angry, or spiteful – it’s just the facts. Remember that they have difficulty with cause-and-effect thinking and have to be taught consequences.
- 4) **BE CONSISTENT, BE SPECIFIC:** General compliments like “You’re a good boy!” or “You know better,” are not helpful. Try to confront each misbehavior and support each good behavior with direct language. “You scribbled on the desk – you clean it up.” “You hit Timmy, you sit here next to me until I decide you may play again without hitting.” “You chose to complete that assignment; that’s a good choice!” Be positive when you can.
- 5) **DO NOT ACCEPT POOR MANNERS OR INCOHERENT SPEECH:** The child should say “May I please be excused to use the restroom?” Not, “I gotta pee”. The child will learn he cannot manipulate you into asking for a repetition or clarification. If you feel you must, tell the child that you will not be able to hear him until he makes the choice to speak clearly and then turn your attention elsewhere.
- 6) **LOGICAL CONSEQUENCES** are very important. Do not permit this child to control your behavior by threatening to throw a tantrum. Say, “You can have your tantrum here if you choose to.” If they are wetting their pants, let them, and then they can clean it up. Try, “I see you’ve wet the rug--here is a rag and bucket to clean it up.” If they are puttering around doing their own thing and it delays departure for a planned activity say, “I see you’ve chosen to fool around rather than get ready to go. You can wait here in the supervisor’s office until we get back.”
- 7) **TIMEOUTS DO NOT WORK FOR THESE CHILDREN:** They want to isolate themselves from others. Bring the child near you. You may have them do a consequence of value. “You can unload the dishwasher while I make supper.” It’s called a “TIME-IN.”
- 8) **DO NOT SYMPATHIZE** with this child. Feeling sorry for them will only give them power over you. Remain consistent in your expectations and do not lower them for the child.
- 9) **REMAIN CALM AND IN CONTROL OF YOURSELF:** No matter what they do today. If they manage to upset you, they are in control, not you. Remove yourself or the child from the situation until you are able to cope.

NEWS FROM YOUR IFAPA PEER LIAISON

Support Group Happenings

NCIFAPA Support Group

- *The next meeting will be Tuesday, February 10, 2015
- *"From Cave Paintings To Skype" trainer Mike McGuire (2 hrs credit)
- * 6:30 pm Social Time and Snacks; Training 7:00-9:00 pm
- *DHS Liberty Room , 22 N. Georgia in Mason City
- * Contact Christie McGuire with questions at 855-929-2005

HHWW Foster/Adoptive Parent Support Group

- *This support group will be on **WINTER BREAK** for December, January, and February! Trainings **will resume** in March 2015.
- *Watch the newsletter for upcoming information
- *Contact Julie Schroeder for more information at 515-291-3029

Ames Foster/Adoptive Support Group

- *The next meeting will be Thursday, February 12 , 6-8:00 pm
- *"Working As A Team", trainer Vickie Parker (2 hours credit)
- * Cornerstone Church, 56829 US Hwy 30 in Ames
- *Childcare **WILL NOT** be offered at this meeting
- *Contact Christie McGuire for more information at 855-929-2005

Fort Dodge Lunch and Learn

- * The next meeting will be Thursday, February 26, 11:30-1:00 pm
- ***Confidentiality and Consent** , trainers Pam B. & Julie S. (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 , February 10, 2015, 6-8pm
- *"Working As A Team" (2 hours credit)
- *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.

WINTER TIDBITS

IFAPA Activities

**Fostering Hope...
Adopting Change
Spring Conference in Des Moines
Friday & Saturday, March 6 & 7**

Each day of the conference is worth six hours of foster parent training credit. Families/social workers have the option to attend the full conference or may choose to attend only Friday or Saturday. IFAPA'S conferences offer many great training opportunities you cannot find anywhere else!

Registration Deadline is Tuesday, February 17th. Register online at: http://www.ifapa.org/training/ifapa_conference.asp

Valentine Activity Peanut Butter Kiss Cookies

- 1 c. creamy peanut butter
- 1 c. sugar
- 1 egg

Mix together and roll into balls. Place on ungreased cookie sheet. Press an unwrapped Hershey's kiss in the center of each ball. Bake 325 for 10-12 minutes until lightly brown on bottom. Cool 2 minutes on pan before moving to cooling rack.

Would You Like An Answer To Your Questions?

For Northern Service Area counties: DHS Supervisor Natalie Clapp has set aside every Wednesday from 3:00-4:30 pm for you to call in and talk about any questions or concerns you may have about DHS or foster/adoptive care.

Call 319-292-2327

