



CHRISTIE MCGUIRE

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

Summer Preparation: 8 Steps

Are you ready for summer?

If you're like most parents of children with special needs, summer plans for your children must be made well in advance. Eliminate the stress by scheduling some focused time to take care of details. Here are some things you may want to consider:

- 1) Therapy** – What therapies will your child need to continue over the summer? Which ones can be put on hold? What are the therapists' summer schedules?
- 2) Summer school/classes/lessons** – What forms need to be filled out? What accommodations can be made, if necessary?
- 3) Sitters** – Will you need time with the sitter to go over summertime routines and how-tos? What are your expectations for the time your sitter will spend with your children this summer?
- 4) Daycare** – Do you need to fill out any special permission forms? Will the care providers need any special warm-weather-related instructions?
- 5) Camps** – Are there medical records you'll need to submit with the camp application? Will you need to meet with the camp director and/or staff to discuss your child's needs?
- 6) Vacation** – If you're traveling for vacation this summer, which hotels are the most family friendly? Which activities and destinations have accommodations or special programs for children with special needs?
- 7) Respite Care** – Do you need to take a break? There are a growing number of excellent respite care programs that you may want to investigate. Remember to "care for the caregiver" — with some time off to relax, recharge, and renew.
- 8) Downtime** – block out dates and times on the summer calendar NOW for downtime. Downtime is essential to the wellbeing of everyone in the family. Make it a priority by providing regular time to just "be." (*Parenting Special Needs*)

NEWS FROM YOUR IFAPA PEER LIAISON

Support Group Happenings

NCIFAPA Support Group

- *Our next quarterly support group meeting will be **Tuesday, August 11, 2015**. Watch for details in upcoming newsletters.
- * 6:30 pm Social Time and Snacks; Training 7:00-9:00 p.m.
- *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 summer break for June and July but watch the newsletter for the August date and details.
- *Contact Julie Schroeder for more information at 515-291-3029.

Ames Foster/Adoptive Support Group

will no longer be formally meeting. Please watch my newsletter or go to IFAPA's website (ifapa.org) for trainings in your area.

Fort Dodge Lunch and Learn

- *This support group will be on summer break for June and July but watch the newsletter for the August date and details.
- *Contact Julie Schroeder for more information at 515-291-3029.

MARSHALL COUNTY SUPPORT GROUP

- *This support group is on **SUMMER BREAK** and will resume in September! Watch the newsletter for details!
- *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.

SUMMER TIDBITS

IFAPA Activities

Save the Date!

IFAPA's Fall Conference

Friday & Saturday,

October 16-17, 2015

Five Sullivan Brothers

Convention Center – Waterloo

More details will be posted in July at

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

S'MORES DIP



- 1 14 oz. can sweetened condensed milk
- 1 3/4 cups chocolate chips
- 1 cup marshmallow cream
- Graham crackers

Microwave chocolate chips and sweetened condensed milk 1- 2 minutes. Stir until chips melt. Put in 9" glass pan. Drop spoonful of marshmallow cream over chocolate mixture. Microwave 1 minute. Use knife to make several swirls and serve immediately with crackers for dipping.

