

NEWS FROM YOUR PEER LIAISON

APRIL 2016

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 2016 Camp List is available now at :](http://askresource.org/wp-content/uploads/2016/03/Summer-Camp-List-2016.pdf)

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. **Foster parents remember to get consents signed by birth parents or DHS for the activities that can be hazardous—swimming, horseback riding, etc. Also, if this is a church camp, please check with the birth parents regarding the religious component and get their consent.**

* **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#



CHRISTIE MCGUIRE
IFAPA Peer Liaison

How to Contact Me:

855-929-2005

641-829-2005

cmcguire@ifapa.org

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

NEWS FROM YOUR IFAPA PEER LIAISON

Support Group Happenings

Mason City and Surrounding Areas

- *Sat. April 16 (9am-12:15pm) "Nurturing Healthy Sexual Development" (3 hrs) Cedar Falls
- *Sat. April 16 (1:15-5:30pm) "CPR/First Aid" (4 hrs) Cedar Falls
- *Sat. April 30 (9am-12:15pm) "I Won't Do It and You Can't Make Me" (3 hrs) Cedar Falls
- *Sat. April 30 (1:15-4:30) "Worrywarts and How You Can Help Them" (3hrs) Cedar Falls

*Register at www.ifapa.org or call 800-277-8145

Fort Dodge and Webster City Areas

*Please view IFAPA's current trainings near your area at ifapa.org

Renew Support Group, Cornerstone Church-Ames

*April 8-9 Empowered To Connect Conference
Copy and Paste to Register:

https://cornerstonelife.ccbchurch.com/form_response.php?id=938

*May--Summer break begins..no support group

*Please view IFAPA's current trainings in your area at ifapa.org

Allison Area Foster Parent Support Group

Waverly Vineyard Church, 319 W. Bremer

- *Tues. April 5 (6-7pm) "Co-Parenting Effectively" Presenter: Monarch Therapy Staff (1 hr credit)
- *Support to follow (7-8 pm) RSVP by April 3 if child care is needed.
- *Contact Nancy Magnall for more information at 319-352-3600

Marshall County Area

*Please view IFAPA's current trainings in your area at ifapa.org

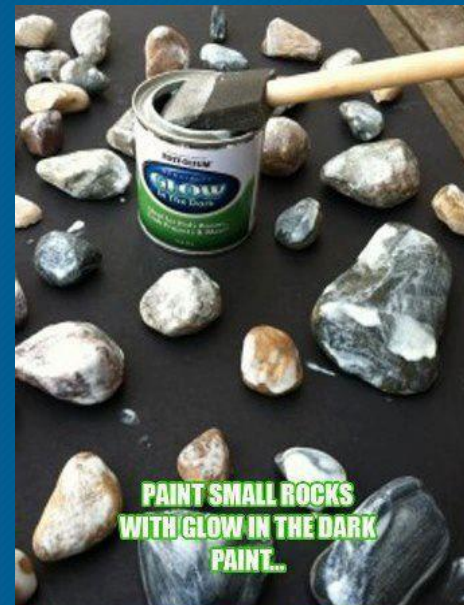
SPRING TIDBITS

All foster parents

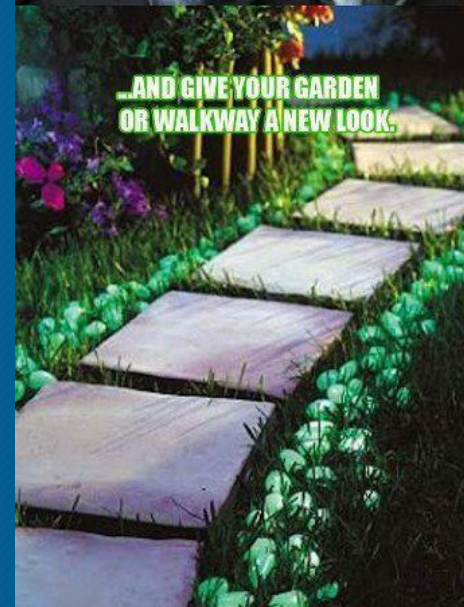
are required to take RPPS Training once by Sept 30, 2016. Watch the 30 min. video at ifapa.org

GLOW IN THE DARK ROCKS

Paint small rocks with glow in the dark paint. Let dry and place in sunny area. Another option, paint pots with glow in the dark paint and plant with flowers. Place glow in the dark rocks (or pots) along a walkway through the garden. Enjoy the look when it becomes dark outside!



PAINT SMALL ROCKS WITH GLOW IN THE DARK PAINT...



...AND GIVE YOUR GARDEN OR WALKWAY A NEW LOOK.