



**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

## Spring and Summer Activities for Everyone

Spring and summer are great opportunities to get children outdoors, out of the daily routine, keep moving and be active, or just have a relaxing, lazy day!!

Have your child make a calendar and fill in these activities as part of your schedule. Everyone can look forward to these and many are free or low cost. Here are some ideas to get you jump started:

1. Grow something you can eat. Go to the farmer's market. Make lemonade from scratch. Make homemade ice cream
2. Find a drive-in theater (yes there are still a few) and go see a movie.
3. Sleep outside. Catch fireflies at night. Roast marshmallows over a fire and make s'mores. Star gaze—locate the big dipper and others.
4. Pick flowers. Plant a container garden. Go on a scavenger hunt (list on next page).
5. Eat outside together. Have a picnic on the lawn (in the living room if it is raining). Lie in the grass and watch the clouds (how many different things can you see in the clouds?)
6. Take an evening stroll and see how many sounds you can identify. It is amazing what you can learn (you don't have to look at each other and it can be easier for them to "share").
7. Go to the zoo. Go to the library. Go on a bike ride.
8. Park at the airport and watch the planes come in.
9. Dig for worms. Go fishing. (No fishing license needed if under 16).
10. Make a birdfeeder. Blow bubbles (yes, even with your teens!)
11. Play tag or hopscotch. Go to a baseball game. Play catch. Play badminton.
12. Make mud pies. Splash in the puddles. Run through the sprinkler.



# NEWS FROM YOUR IFAPA PEER LIAISON

## Area Support and Trainings

### Mason City and Surrounding Areas

\*Sat. May 14 (9am-12:15pm) "The Brain: Normal Development vs. Brain after Trauma" (3 hrs) Joann Seeman Smith--Charles City

\*Sat. May 14 (1:15-4:30pm) "The Magic of Healing The Brain & Fostering A Secure Attachment" (3 hrs) Joann Seeman Smith--Charles City

\*Sat. May 21 (9am-4:30pm) "Family Matters- Working With Birth Families In The 21st Century" (6 hrs) Mike McGuire--Cedar Falls

\*Register at [www.ifapa.org](http://www.ifapa.org) or call 800-277-8145

\* May Appreciation Event details coming soon!!!

### Fort Dodge and Webster City Areas

\*Please view IFAPA's current trainings near your area at [ifapa.org](http://ifapa.org)

### Renew Support Group, Cornerstone Church-Ames

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

\*Please view IFAPA's current trainings in your area at [ifapa.org](http://ifapa.org)

### Allison Area Foster Parent Support Group

Waverly Vineyard Church, 319 W. Bremer

\*Tues. May 3 (6-7pm) "Parenting Kids With Disrupted Attachments"  
Presenter: Monarch Therapy Staff (1 hr credit)

\*Support to follow (7-8 pm) RSVP by May 1 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](http://ifapa.org)

## SPRING TIDBITS



### May is National Foster Care Month

Every day children of all ages—from infancy through adolescence—are removed from their homes due to situations beyond their control. Scared and confused, angry and traumatized, these children need a stable home where they can be cared for temporarily or long term.

Thank you for being there to provide, care, and to love these children when they so desperately need it.

### All foster parents

are required to take RPPS Training once by Sept 30, 2016.

Watch the 30 min. video at [ifapa.org](http://ifapa.org)

Enjoy Nature –Get Outside –  
Keep Moving with this  
Scavenger Hunt!!

### Nature Scavenger Hunt

- Something Fuzzy
- Two kinds of seeds
- Two pieces of man-made litter
- Something Straight
- Something Round
- Something Smooth
- Something Rough
- Two different types of leaves
- Something that makes noise
- A chewed leaf
- A beautiful rock
- Something you think is beautiful
- A Pinecone
- Something Green
- A stick
- Something you think is a treasure