



**DIANNA SEEDORFF**  
IFAPA Peer Liaison

**How to Contact Me:**

888-622-4521

319-235-2534 Waterloo  
dseedorff@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

## The Pros of Including Foster Children in Your Family Vacation Plans

Many foster families feel that since foster children are a part of the family they should also be included in family vacation plans. So if you are deciding whether or not to include your foster child in your next family vacation, here are some pros of taking along your foster child.

**Time to bond as a family**— It's important for a child to have healthy attachments. Remember, if a child can attach to you, he can attach to others. A family vacation is a great time for a child to grow closer to you and your family.

**Create unique experiences and memories**— Your family vacation may be the child's only opportunity to see the ocean or ride on an airplane. This can be another gift you can offer your foster child.



**Yet another reward as a foster family**—Foster parents know that being a foster family has many rewards, such as helping a struggling family and providing safety and comfort to a hurting child. Taking a child on vacation can provide it's own rewards. It's wonderful for a child to see something new. It's almost better for a foster parent who gets to witness the child's wonder.

**Family vacations are a normal part of growing up**— Many foster children have missed out on the normalcy of family life. Families have fun together. Families argue. Families spend time together. Even if a family vacation turns out to be challenging and stressful, isn't that a normal part of the family experience? Give that to your foster child, too.

**Let them know that they are important enough to include**— So many foster children struggle with feelings of low self-worth. What better way to let them know that they are an important part of the family than to include them in your family vacation plans.

**Opportunity to be a part of the planning process**— There are many valuable lessons to be learned while planning a family vacation, such as location, the itinerary, and the financial planning. Many foster children feel out of control within their worlds and with good reason. Everything about their lives is planned by adults around them from judges to social workers. Foster children can learn a lot from the process that will allow them some ownership, not only in the process, but perhaps in the outcome too. It's a great opportunity to learn more needed life skills.

For more information go to [About.com](http://About.com). *Adoption/foster Care*, by Carrie Craft, *About.com Guide*

# NEWS FROM YOUR IFAPA PEER LIAISON

**Have you heard?** DHS Supervisor, Natalie Clapp, wants to hear from you! Natalie is available very **Wednesday from 3:00-4:30 p.m.** to help you solve issues and get you answers. She cares about foster parents and wants to help. She understands because she and her husband were foster parents. **Give Natalie a call...319-292-2375**



If you have taken a placement from the Northern Service Area, did you get a placement packet with the child or shortly after from the DHS worker? This only applies to the counties in the Northern Service Area. If you did not receive a packet, please let Nancy Magnall know at 877-467-4100 so she can verify that you should have gotten one and see that you receive it.



## Adventureland Day!

Saturday, August 8th

Tickets are on sale now!

ADVENTURELAND FLYER: [http://www.ifapa.org/pdf\\_docs/2015AdventurelandForm.pdf](http://www.ifapa.org/pdf_docs/2015AdventurelandForm.pdf)

ORDER ONLINE: <https://ifapa.ejoinme.org/?tabid=682488>



## ONE...

**One tree can start a forest;  
One smile can begin a friendship;  
One hand can lift a soul;  
One candle can wipe out darkness;  
One laugh can conquer gloom;  
One hope can raise your spirits;  
One touch can show you care;  
One life can make the difference;  
Be that one today.**

Unknown

## Save the Date!

IFAPA's Fall Conference

Friday and Saturday

October 16-17, 2015

Five Sullivan Brothers

Convention Center

Waterloo

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

## Camp Fire Cones



Stuff an ice cream cone with chocolate chips, nuts, toffee pieces, mini marshmallows, butterscotch bits...wrap in foil, place on campfire to melt all together! YUM!

