NEWS FROM YOUR PEER LIAISON

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!

ifapa a resource for families

Iowa Foster & Adoptive Parents Association

www.ifapa.org

School Bullying and Foster Children

It's important to discuss bullying in relation to foster children due to the risk factors of bullying and why it occurs in school and the community. Take a look at the risk factors of bullying below. More information can be found at: stopbulling.gov.

Bullying Risk Factors

Children are bullied when they are perceived to be different from their peers. Other factors that may bring about unwanted attention from a bully include:

- New student
- Special needs
- Appearance of low self-esteem
- Appearance of an easy prey
- Less popular or have few friends
- Annoying or bugs other children for attention

Upon reading these risk factors they define a high percentage of foster children. When a foster child enters a new foster home they are automatically new students at the school, so will have few friends, and may have low self-esteem due to abuse and neglect which also adds to the appearance of being easy prey. Many foster children have special needs. It's also not unusual for foster children to have poor social skills and so may have annoying habits that bother other children.

Having these risk factors does not mean a child will be bullied, it's just that these present the right conditions for a bully to take advantage of the situation. The sad part is that foster children seem to enter a new school presenting with a number of factors that put them at risk to be bullied. Foster children have enough in their lives to worry about besides adding on the stress of a bully.

Signs of Bulling

If the risk factors of bullying seem familiar to foster parents, the list of signs of bullying will also. Again, to learn more about these risk factors visit stopbullying.gov.

- Unexplained injuries
- Lost or destroyed items or clothing
- Change in eating habits, such as coming home from school hungry
- Frequent aches and pains
- Sleep issues or disturbances in sleep such as nightmares
- Loss of friends
- Self-destructive behavior, suicidal thoughts, self harm and running away
- Declining grades
- Decreased self-esteem

By Carrie Craft, Adoption/Foster Care Expert

Not Having Luck Asking the Kids 'So How Was School Today?'

This was shared on NBC news: Mommy blogger Liz Evans has some tips your might want to try. Before Evans was a mom of three, she was a teacher and comes with an experts eye on how to get kids to spill what took place at school today.

Below is Evan's full list of 25 questions:

1. What was the best thing that happened at school today? (What was the worst thing that happened at school today?)
2. Tell me something that made you laugh today?
3. If you could choose who would you like to sit by in class? (Who would you NOT want to sit by in class? Why?)
4. Where is the coolest place in school?
5. Tell me a weird word that you heard today. (Or something weird that someone said.)
6. If I called your teacher tonight what would she tell me about you?
7. How did you help somebody today?
8. How did somebody help you today?
9. Tell me one thing that you learned today?
10. When were you the happiest today?
11. When were you bored today?
12. If an alien spaceship came to your class and beamed up someone who would you want them to take?
13. Who would you like to play with at recess that you've never played with before?
14. Tell me something good that happened today?
15. What word did your teacher say most today?
16. What do you think you should do/learn more of at school?
17. What do you think you should do/learn less of at school?
18. Who in your class do you think you could be nicer to?
19. Where do you play most at recess?
20. Who is the funniest person in your class? Why is he/she so funny?
21. What was your favorite part of lunch?
22. If you got to be the teacher tomorrow what would you do?
23. Is there anyone in your class that needs a time out?
24. If you could switch seats with anyone in the class who would you trade with? Why?
25. Tell me about three different times you used your pencil today at school.

Please note my email has changed:

dseedorff@ifapa.org

Fall Conference

October 17 & 18

Waterloo

Scholarships Available to First 50!
Sign up today at www.ifapa.org

Friends Foundation

Need those extra's for your foster child that aren't covered?

Birth to 15 years....up to $200.

16 and older...up to $300.

Fill out form at www.ifapa.org