

NEWS

September 2015

FROM YOUR 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!



Starting the new school year can be a time of great excitement...and anxiety. Help calm your child's fears (and your own) with these teacher-approved tips.

Meet the new teacher.

For kids, one of the biggest back-to-school fears is "Will I like my new teacher?" Breaking the ice early on is one of the best ways to calm everyone's fears. Take advantage of your school's open house or back-to-school night. If personal contact with the teacher isn't possible, try locating the teacher's picture on a school website or in a yearbook, so your child can put a name with a face.

Tour the school.

If your school hosts an open house, be sure to go. Familiarizing your child with her environment will help her avoid a nervous stomach on the first day. Together you can meet her teacher, find her desk, or explore the playground. With an older child, you might ask him to give you a tour of the school. This will help refresh his memory and yours.

Connect with friends.

A familiar friend can make all the difference when heading back to school. You might try calling parents from last year's class and finding out which children are in your child's class this year. Refresh these relationships before school starts by scheduling a play date or a school carpool.

Tool up.

Obtain the class supply list and take a special shopping trip with your child. Having the right tools will help him feel prepared. While keeping basic needs in mind, allow for a couple of splurges like a cool notebook or a favorite-colored pen. These simple pleasures make going back to school a lot more fun. Get your child excited about upcoming projects by explaining how new supplies might be used. Let him practice using supplies that he's not used before — such as colored pencils or a protractor — so he will be comfortable using them in class.

Fuel your children.

Ensure sufficient rest with regular, early bedtimes. Also schedule time for a healthy breakfast. A healthy breakfast increases children's attentiveness and helps them do well in school. Proper rest and healthy meals are very important for the overall development of your kids.

Chat about today's events and tomorrow's plans.

While it is important to support learning throughout the summer, don't spend the last weeks of summer vacation reviewing last year's curriculum. All kids need some down time before the rigors of school begin. For some kids, last-minute drills can heighten anxiety, reminding them of what they've forgotten instead of what they remember.

Ease into the routine.

Switching from a summer to a school schedule can be stressful to everyone in the household. Avoid first-day-of-school mayhem by practicing your routine a few days in advance. Set the alarm clock, go through your morning rituals, and get in the car or to the bus stop on time. Routines help children feel comfortable.

Resource: pbs.org

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SEPTEMBER TRAININGS

| Date & Time | Name of Training | Credit | Location |
|--|---|---------|--|
| Saturday, Sept. 12, 2015 9am-12:15pm | <u>Grrr...I am Just So Mad: Helping Young Children Deal with Their Anger</u> | 3 hours | Ames Hy-Vee West Store 3800 Lincoln Way Club Room |
| Saturday, Sept. 12, 2015 1:15pm-5:30pm | CPR & First Aid For registration options, <u>click here</u> . To avoid late fees pay by Aug. 28 | 4 hours | Ames To be announced |
| Saturday, Sept. 19, 2015 9am-12:15pm | <u>Building Relationships Through Play</u> | 3 hours | Ankeny IFAPA Training Center 6864 NE 14th St, Suite 5A |
| Saturday, Sept. 19, 2015 1:30pm-4:45pm | <u>But What Does Therapy Do? Demystifying the Therapy Process</u> | 3 hours | Ankeny IFAPA Training Center 6864 NE 14th St, Suite 5A |
| Saturday, Sept. 26, 2015 9am-4:30pm | <u>Get Me Off This Roller Coaster: Coping Skills for Emotional Intensity Issues</u> | 6 hours | Ankeny IFAPA Training Center 6864 NE 14th St, Suite 5A |

Join us in Waterloo for IFAPA's Fall Conference

Friday & Saturday, October 16 & 17, 2015

Five Sullivan Brothers Convention Center – Waterloo

It's a great opportunity to network with other foster and adoptive families and to attend some great training classes!

Registration is available at www.ifapa.org.

Friends of Children in Foster Care Program

The Friends of Children in Foster Care Program helps children in foster care receive funds in order to participate in extra-curricular activities, such as obtaining music instruments, senior pictures or attending prom, swimming lessons, camps, and sports.

The maximum grant request limit for children birth to age 13 is \$200 per child per fiscal year, and \$300 for age 14 and up. IFAPA's fiscal year runs July 1 - June 30.

[FRIENDS APPLICATION](#) (WORD) Birth – 13 [FRIENDS APPLICATION](#) (WORD) Age 14+

[FRIENDS APPLICATION](#) (PDF) Birth – 13 [FRIENDS APPLICATION](#) (PDF) Age 14+

DIY LOCKER ORGANIZERS FROM CEREAL BOXES



- * Assorted cereal boxes
- * Assorted decorative tape

Step 1: Use empty cereal boxes, preferably the same size

Step 2: Remove flaps on top of boxes

Step 3: Decorate with tape as desired, stacking as many boxes as you wish

Step 4: Place in locker & enjoy!

Lunchbox Ideas



There are many things to do to avoid boring lunches.

- Cookie cutter shapes
- Animal faces
- Roll-ups
- Food on a stick

Always add a little lunchbox note.

