

WHAT FOSTER PARENTS WISH OTHER PEOPLE KNEW

During your tenure as a foster parent you have likely answered hundreds of questions about foster parenting. Some questions come from a place of curiosity, others from a place of ignorance and still others from a place of judgment. At the heart of it, there are always those core ideas you wish family, friends or even complete strangers understood about why you open your home to other people's children. In honor of foster care month and in honor of your hard work, IFAPA is reprinting this article written by a fellow foster parent. Share it with family, friends and even those complete strangers as a way to help them better understand why you do what you do and give them a more complete view of the foster parenting experience. Who knows, it might even inspire them to consider becoming a foster parent!



#1

We're not saints. We are doing this because it needs doing, we love kids, this is our thing. Some of us hope to expand our families this way, some of us do it for the pleasure of having laughing young voices around, some of us are pushed into it by the children of family or friends needing care, some of us grew up around formal or informal fostering – but all of us are doing it for our own reasons BECAUSE WE LOVE IT and/or LOVE THE KIDS and WE ARE THE LUCKY ONES – we get to have these great kids in our lives.

We hate being told we must be saints or angels, because we're doing something really ordinary and normal – that is, taking care of kids in need. If some children showed up dirty and hungry and needing a safe place on your doorstep, you'd care for them too – we just signed up to be the doorstep they arrive at. The idea of sainthood makes it

impossible for ordinary people to do this – and the truth is the world needs more ordinary, human foster parents. This also stinks because if we're saints and angels, we can't ever be jerks or human or need help, and that's bad, because sometimes this is hard.

#2

WATCH WHAT YOU SAY AROUND THE KIDS!!!!!! I can't emphasize this enough, and everyone is continually stunned by the things people will ask in the hearing of children, from "Oh, is their Mom an addict?" or "Well, they aren't your REAL kids are they" or "Are you going to adopt them?" or whatever. Not only is that stuff private, but it is HORRIBLE for the kids to hear people speculating about their families whom they love, or their future. Didn't anyone ever explain to you that you never say anything bad about anyone's mother (or father) EVER? Don't assume you know what's going on, and

don't ask personal questions – we can't tell you anyway.

#3

Don't act surprised that they are nice, smart, loving, well-behaved kids. One of the corollaries of #1 is that there tends to be an implied assumption that foster kids are flawed – we must be saints because NO ONE ELSE would take these damaged, horrible kids. Well, kids in foster care have endured a lot of trauma, and sometimes that does come with behavioral challenges, but many of the brightest, nicest, best behaved, kindest and most loving children I've ever met are foster kids. They aren't second best kids, they aren't homicidal maniacs, and because while they are here they are MINE, they are the BEST KIDS IN THE WORLD, and yes, it does tick me off when you act surprised they are smart, sweet and loving.

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#4

Don't hate on their parents. Especially don't do it in front of the kids, but you aren't on my side when you are talking trash either.

Nobody chooses to be born mentally ill. No one gets addicted to drugs on purpose. Nobody chooses to be born developmentally delayed, to never have lived in a stable family so you don't know how to replicate it. Abusive and neglectful parents often love their kids and do the best they can, and a lot of them CAN do better if they get help and support, which is what part of this is about. Even if they can't, it doesn't make things better for you to rush to judgment.

It is much easier to think of birth parents as monsters, because then YOU could never be like THEM, but truly, birth parents are just people with big problems. Birth and foster parents often work really hard to have positive relationships with each other, so it doesn't help me to have you speculating about them.

#5

The kids aren't grateful to us, and it is nuts to expect them to be, or to feel lucky that they are with us. They were taken from everything they knew and had to give up parents, siblings, pets, extended family, neighborhood, toys, everything that was normal to them. No one asked them whether they wanted to come into care.

YOU have complex feelings and ambivalence about a lot of things, even if it seems like those things are good for you or for the best. Don't assume our kids don't have those feelings, or that moving into our home is happily-ever-after for them. Don't tell them how lucky they are or how they should feel.

By the way, there is no point comparing my home to the one they grew up in. Both homes most likely have things the children like and dislike about them. The truth is if every kid only got the best home, Angelina and Brad would have all the children, and the rest of us would have none.

#6

No, we're not making any money on it. We don't get paid – we get a portion of the child's expenses reimbursed, and that money is only for the child and does NOT cover

everything. I get about 56 cents an hour reimbursed, and I get annoyed when you imply I'm too stupid to realize I'd make tons more money flipping burgers.

Saying this in front of the kids also REALLY hurts them – all of a sudden, kids who are being loved and learning to trust worry that you are only doing this because you're getting paid. So just shut up about the money already, and about the friend of a friend you know who kept the kids in cages and did it just for the money and made millions.

#7

When you say "I could never do that" as if we're heartless or insensitive, because we can/have to give the kids back to their parents or to extended family, it stings.

Letting kids go IS really hard, but someone has to do it. Not all kids in care come from irredeemable families. Not everyone in a birth family is bad – in fact, many kin and parents are heroic, making unimaginable sacrifices to get their families back together through impossible odds. Yes, it is hard to let kids we love go, and yes, we love them, and yes, it hurts like hell, but the reality is that because something is hard doesn't make it bad, and you aren't heartless if you can endure pain for the greater good of your children. You are just a regular old parent when you put your children's interests ahead of your own.

#8

No, they aren't ours yet. And they won't be on Thursday either, or next Friday, or the week after. Foster care adoption TAKES A LONG TIME. For the first year MINIMUM the goal is always for kids to return to their parents. It can take even longer than that. Even if we hope to adopt, things could change, and it is just like any long journey – it isn't helpful to ask "Are we there yet?" every five minutes.

#9

Most kids will go home or to family, rather than being adopted. Most foster cases don't go to adoption. Not every foster parent wants to adopt. And not every foster family that wants to adopt will be adopting/wants to adopt every kid.

It is NOT appropriate for you to raise the possibility of adoption just because you know they are a foster family. It is ESPECIALLY not appropriate for you to raise this issue in front of the kids. The kids may be going to home or to kin. It may not be an adoptive match. The family may not be able to adopt now. They may be foster-only. Not all older children want or choose to be adopted, and after a certain age, they are allowed to decide. Family building is private and none of everyone's business. They'll let you know when you need to know something.

#10

If we're struggling – and all of us struggle sometimes – it isn't helpful to say we should just "give them back" or remind us we brought it on ourselves.

ALL parents pretty much brought their situation on themselves whether they give birth or foster, but once you are a parent, you deal with what you've got no matter what. "I told you so" is never helpful. This is especially true when the kids have disabilities or when they go home. Yes, we knew that could happen. That doesn't make it any easier.

#11

Foster kids are not "fake kids," and we're not babysitters – they are all my "REAL kids." Some of them may stay forever. Some of them may go and come back. Some of them may leave and we'll never see them again. But that's life, isn't it? Sometimes people in YOUR life go away, too, and they don't stop being an important part of your life or being loved and missed. How they come into my family or for how long is not the point. While they are here they are my children's REAL brothers and sisters, my REAL sons and daughters. We love them entirely, treat them the way we do all our kids, and never, ever forget them when they leave. Don't pretend the kids were never here. Let foster parents talk about the kids they miss. Don't assume that kids are interchangeable – one baby is not the same as the next, and just because there will be more kids later doesn't make it any easier now.

#12

Fostering is HARD. Take how hard you think it will be and multiply it by 10, and you are beginning to get the idea. Exhausting,

gutwrenching and stressful as heck. That said, it is also GREAT, and mostly utterly worth it. It is like Tom Hanks' character in *League of Their Own* says about baseball: "It is supposed to be hard. If it wasn't hard everyone would do it. The hard is what makes it great."

#13

You don't have to be a foster parent to HELP support kids and families in crisis. If you want to foster, GREAT – the world needs more foster families. But we also need OTHER kinds of help...

HOW FRIENDS, NEIGHBORS AND FAMILY MEMBERS CAN HELP FOSTER PARENTS:

- Treat foster parents with a new placement the way you would a family that had a baby – it is JUST as exhausting and stressful. If you can offer to cook dinner, help out with the other kids, or lend a hand in some way, it would be most welcome.
- Offer up your children's outgrown stuff to pass on – foster parents who do short-term fostering send a lot of stuff

home with the kids.

- Be an honorary grandparent, aunt or uncle. Kids need as many people in their lives as possible, and relationships that say "you are special."
- Become a respite provider, taking foster children for a week or a weekend so their parents can go away or take a break.
- Offer to babysit. Foster parents have lives, plus they have to go to meetings and trainings, and could definitely use the help.
- Be a big brother, sister or mentor to older foster kids. Preteens and teens need help imagining a future for themselves – be that help.
- Be an extra pair of hands when foster families go somewhere challenging - offer to come along to the amusement park, to church, to the playground. A big family or one with special needs may really appreciate just an extra adult or a mother's helper along.
- Support local anti-poverty programs with your time and money. These are the resources that will hopefully keep my kids fed and safe in their communities when they go home.
- If you've got extra, someone else can probably use it. Lots of foster families

don't have a lot of spare money for activities – offering your child's old baseball equipment or bicycle is a wonderful gift.

- Make programs for kids friendly to kids with disabilities and challenges. You may not have thought about how hard it is to bring a disabled or behaviorally challenged kid to Sunday school, the pool, the local kids movie night – but think about it now, and encourage inclusion.
- Teach your children from the beginning to be welcoming, inclusive, kind and non-judgemental, Teach them the value of having friends from different neighborhoods, communities, cultures, races and levels of ability. Make it clear that bullying, unkindness and exclusion are NEVER EVER ok.
- Reach out to families in your community that are struggling – maybe you can help so that the children don't ever have to come into foster care, or to make it easier if they do. Some families really need a ride, a sitter, some emotional support, some connection to local resources. Lack of community ties is a HUGE risk factor for children coming into care, so make the attempt.



STRIDE FOR KIDS 5K RUN/WALK

Saturday, April 27, 2013 - West Des Moines

IFAPA will be kicking off Foster Care Month with our 6th annual fundraising Run/Walk. Whether you are an active runner or someone that likes to go for a leisurely stroll, gather your family and friends and join us for the Stride for Kids 5K Run/Walk and help IFAPA celebrate 40 amazing years of service to families. All proceeds raised from this event will benefit IFAPA's Friends of Children in Foster Care Program. Check in time begins at 10am and the walk starts at 11am. The walk will take place at the Raccoon River Park in West Des Moines.

Cost

Individual Runner/Walker—\$30

Team Runner/Walker—\$25

Top male & female runner will win a cash prize of \$250! Fundraising prizes will also be available to those who participate in raising money. View the link below for a list of fundraising prizes. Register online at <https://ifapa.ejoinme.org/2013StrideForKids>.

Fee includes participation, t-shirt (if registered prior to April 8th), lunch and kids activities. Children 10 and under are FREE (t-shirts not provided). Questions - Contact Stephanie Miles at 800-277-8145 ext 1 or smiles@ifapa.org.

Let's cross the finish line together and raise money for Iowa's youth in foster care!!

ALREADY MAKING PLANS FOR THE SUMMER MONTHS?

The end of the school year and summer time can be challenging for many foster children. Referrals for new placements increase during this time as well as requests for respite. Foster families often want a “break” in the summer or want older foster children moved elsewhere because there is a lack of child care for teens in their area. Whether it is spring, summer, winter, or fall, children still need a safe, caring home and do best when their placements are stable. Here are some things you can think about now to meet both your family’s needs and the needs of the foster children in your care during the busy spring and summer months:

- Know your planned vacation dates now and start planning for respite. Contact your Iowa KidsNet support worker if you need help getting respite arranged.
- If you have a foster child in your home, start talking now with the child’s DHS worker, FSRP worker or Iowa KidsNet support worker about possible day camps, summer programs, or other activities in the area to keep them busy and safe during the summer months. It’s best to start as early as possible for older children (teens), as there are not as many resources for this age group.
- Keep an open mind and heart during the summer – you will probably get more calls for matching because more children need placement during the summer. If you don’t feel that you can commit to a placement during the summer months, pay it forward by helping another family by providing respite for their vacation time and ask them to do the same for you.
- If you haven’t already, attend a support group in your area. Other foster families are a great resource for respite, understand services and programs in your community, and share insight, information, and support throughout the year.

MAKING CONNECTIONS WITH OTHER FAMILIES JUST LIKE YOU!

FIND (Families of Iowa Network for Disabilities) is an interactive social networking site designed to give families of children and youth with disabilities a new way to make connections. Members can:

- FIND and connect with other parents with similar issues, interests, and experiences
- FIND, create, and join groups of interest
- FIND information about events and trainings
- FIND family resources across the state
- FIND a mentor or be a mentor to another parent
- FIND and build a strong sense of community with other families

Just go to www.findfamilies.org and create a user profile, user name, and password, and join the conversation! You will find a link on the sign-in page to a video with more information on the registration process and an introduction to the features of the network.

Parents, foster parents, grandparents, siblings, friends, teachers, advocates, professionals, and others who care about and want to support young people with disabilities are all welcome to log-on and share issues, information and ideas with the FIND online community.

FIND in your forum to ask or answer questions, share or expand your knowledge and build or exercise your advocacy and leadership skills. It is what you make it - FIND yourself in the conversation!



A flood can occur any time of the year, but most floods occur in the spring and summer and we encourage you to take the following steps and precautions when preparing for and recovering from a flood.

Before a flood:

- If you have time and there is no water in your basement, unplug as many appliances as you can. If possible, move them to a higher level. Do not touch or attempt to unplug an electrical appliance if the floor is damp or if you are standing in water.
- If you think the water might rise high enough to cover electrical outlets, switch off the circuit breakers at the main switch, located in the electrical box. Be sure water is not covering outlets before entering the basement or wherever your electrical box is located.
- If it appears the water level may reach the main electrical box or your electric or natural gas meters, call your energy company—Mid American or Alliant Energy—immediately to have service disconnected.

After a flood:

- If you smell natural gas, do not enter the building. Call your energy company immediately.
- After flood waters recede, call your energy company to restore your service if you had it disconnected. Do not attempt to restore service yourself.
- City, county, or state inspections may be required before gas and electric service can be restored in homes affected by flooding.
- If your home was flooded, call a professional electrician to examine your electrical wiring and appliances. Do not turn on any lights, appliances, or other electrical equipment until an electrician has checked your home for electrical circuit problems.

Source: MidAmerican Energy newsletter

WE UNDERSTAND...WE'RE FOSTER PARENTS TOO!

IFAPA's Peer Liaisons	Area Covered By Liaison
LINDA DODSON Toll-free: 888-491-3455 Des Moines area: 515-953-0515 Email: Ldodsonifapa@q.com	Adair, Adams, Clarke, Decatur, Madison, Ringgold, Union & Polk (Zip Codes: 50009, 50035, 50073, 50169, 50237, 50301, 50305, 50312, 50313, 50314, 50315, 50316, 50317, 50320, 50321, 50327)
SANDRA DOLLEN Toll-free: 855-526-2116 Mineola area: 712-526-2116 Email: sdollenifapa@gmail.com	Audubon, Cass, Fremont, Guthrie, Harrison, Mills, Monona, Montgomery, Page, Pottawattamie, Shelby & Taylor
KIM EDWARDS Toll-free: 877-845-4348 Sperry area: 319-985-2213 Email: edwardsifapa@yahoo.com	Cedar, Davis, Des Moines, Henry, Jefferson, Keokuk, Lee, Louisa, Muscatine, Scott, Van Buren & Washington
CHERYL ELLIS Toll-free: 855-660-6350 Cherokee area: 712-225-6350 Email: cheryl.ifapa@gmail.com	Buena Vista, Cherokee, Clay, Dickinson, Emmet, Kossuth, Lyon, O'Brien, Osceola, Palo Alto, Plymouth, Sioux & Woodbury (Zip Codes: 51016, 51030, 51039, 51048, 51103, 51104, 51108, 51109)
VICKIE JANSSEN Toll-free: 877-70-IFAPA (877-704-3272) Des Moines area: 515-279-0060 Email: janssen.ifapa@live.com	Boone, Dallas, Warren & Polk (Zip Codes: 50021, 50023, 50109, 50111, 50131, 50226, 50263, 50265, 50266, 50310, 50311, 50322, 50323, 50325)
CHRISTIE MCGUIRE Toll-free: 800-720-9850 code 62 Garner area: 641-923-2618 Email: cmcguireifapa@gmail.com	Cerro Gordo, Chickasaw, Floyd, Hamilton, Hancock, Mitchell, Story, Winnebago, Worth & Wright
JANET RORHOLM Toll-free: 855-200-4168 Cedar Rapids area: 319-200-4168 Email: jrrohlmifapa@yahoo.com	Benton, Jones & Linn
DIANNA SEEDORFF Toll-free: 888-622-4521 Waterloo area: 319-235-2534 Email: seedorff_ifapa@hotmail.com	Black Hawk, Bremer, Butler, Franklin, Grundy, Hardin, Marshall, Tama
JULIE SEEMANN Toll-free: 800-484-6676 code 5754 Oskaloosa area: 641-673-4049 Email: julies_ifapa@hotmail.com	Appanoose, Iowa, Jasper, Johnson, Lucas, Mahaska, Marion, Monroe, Poweshiek, Wapello & Wayne
JOHN SMITH Toll-free: 877-305-3396 Lake View area: 712-665-4011 Email: jsmithifapa@netins.net	Calhoun, Carroll, Crawford, Greene, Humboldt, Ida, Pocahontas, Sac, Webster & Woodbury (Zip Codes: 51004, 51007, 51019, 51025, 51026, 51034, 51052, 51054, 51055, 51105, 51106)
NANCY STATON Toll-free: 888-934-3481 Quasqueton area: 319-934-3481 Email: nstaton_ifapa@netins.net	Allamakee, Buchanan, Clayton, Clinton, Delaware, Dubuque, Fayette, Howard, Jackson & Winneshek

IFAPA employs eleven Peer Liaisons. Peer Liaisons are licensed foster parents (anywhere from 7 to 32 years of experience) who, like you, understand what it is like to parent children from the child welfare system. Peer Liaisons understand the ups and downs of this lifestyle, know the policy rules and regulations, and can provide you help in dealing with your situations.

Our Peer Liaisons are responsible for contacting newly licensed foster homes via phone or e-mail. Peer Liaisons do not make home visits, those are done by DHS and Iowa KidsNet. They also try contacting families if we learn that they received a new placement or to check in with you regarding completing your six hours of in-service training. They strive to have contact with each family at least twice a year whether it is at an event, by phone or via e-mail. We encourage you to contact them with your questions or issues. They are there to help and listen.

Use the following chart and map to find your Peer Liaison. Each Liaison is responsible for working with the families living in their assigned counties. For more information about your Peer Liaison (including their bio and photo), visit: www.ifapa.org/support/peer_liaisons.asp.

SAVE THE DATE

IFAPA's
Adventureland
Day

Saturday
August 24, 2013
Altoona

Watch your mailboxes in June for
our ticket prices and order form.

IFAPA TRAINING SCHEDULE

Date & Time	Name of Training	Credit	Location
Sat., Apr. 20 9am-4:30pm	Supporting Healthy Attachment Across the Developmental Spectrum	6 hours	Ames Country Inn & Suites
Sat., Apr. 20 9am-4:30pm	From Fear to Love: Beyond Consequences II*	6 hours	Ottumwa Great Prairie AEA
Sat., Apr. 20 9am-12:15pm	I'm Pulling My Hair Out!!! Navigating the World of Workers	3 hours	Sioux City NW AEA
Sat., Apr. 20 9am-12:15pm	Snakes, Snails and Puppy Dog Tails... Raising Boys	3 hours	Spencer ILCC
Sat., Apr. 20 1:30pm-4:45pm	Sugar, Spice & Everything Nice...Raising Girls	3 hours	Spencer ILCC
Sat., May 4 1:15pm-5:30pm	CPR & First Aid - To avoid late fee, make payment by April 19	4 hours	Ames To be announced
Sat., May 4 9am-4:30pm	"Don't Worry About It!" Anxiety, Panic and OCD*	6 hours	Davenport Clarion Hotel
Sat., May 4 9am-4:30pm	Promoting Healthy Growth & Development of Gay, Lesbian, Bisexual, Transgender & Questioning Youth in Care*	6 hours	Sioux City Briar Cliff University
Sat., May 4 9am-4:30pm	"Generations Next": Surviving & Parenting the Teen Toxic Culture*	6 hours	Waterloo Hawkeye College
Sat., May 11 9am-4:30pm	Supporting Healthy Attachment Across the Developmental Spectrum	6 hours	Burlington Great Prairie AEA
Sat., May 11 9am-4:30pm	"Where's the Map?" - Helping Your Child/Teen Navigate the Social World*	6 hours	Council Bluffs IWCC
Sat., May 11 9am-4:30pm	Preventative Practices II: Updated Strategies for Minimizing the Risk of Child Abuse Allegations in Your Home	6 hours	Mason City NIACC
Sat., May 18 9am-4:30pm	Teen Anger: How to Regulate Your Home Atmosphere*	6 hours	Ankeny IFAPA Training Center
Sat., June 8 9am-4:30pm	"Where's the Map?" - Helping Your Child Navigate the Social World	6 hours	Ames Country Inn & Suites
Sat., June 8 9am-12:15pm	Decoding the Mystery of ADHD*	3 hours	Cedar Rapids Best Western LB
Sat., June 8 1:30pm-4:45pm	Worrywarts and How You Can Help Them: Understanding Anxiety Disorders*	3 hours	Cedar Rapids Best Western LB
Sat., June 8 1:15pm-5:30pm	CPR & First Aid - To avoid late fee, make payment by May 24	4 hours	Davenport To be announced
Sat., June 8 1:15pm-5:30pm	CPR & First Aid - To avoid late fee, make payment by May 24	4 hours	Sioux City To be announced
Sat., June 15 9am-4:30pm	"Don't Worry About It!" Anxiety, Panic and OCD*	6 hours	Ankeny IFAPA Training Center
Sat., June 15 9am-4:30pm	Movin' on Out...Preparing Teens for Life on Their Own	6 hours	Council Bluffs IWCC
Sat., June 22 1:15pm-5:30pm	CPR & First Aid - To avoid late fee, make payment by June 7	4 hours	Ankeny To be announced
Sat., June 22 9am-12:15pm	Six Principles of the Individuals with Disabilities Education Act (IDEA)	3 hours	Cedar Falls Country Inn & Suites
Sat., June 22 1:30pm-4:45pm	An IEP on IEPs: Parents as Partners in Process and Product	3 hours	Cedar Falls Country Inn & Suites
Sat., June 22 9am-4:30pm	Managing Your Child/Teen's Behavior: 7 Ways to Foster Love, Respect & Comm.*	6 hours	Sioux City Stoney Creek Inn

CLASS DESCRIPTIONS

"Don't Worry About It!" Anxiety, Panic & Obsessive-Compulsive Disorder

Have you ever wondered exactly why it is that we worry and experience symptoms of anxiety and panic? The purpose of this workshop is to help participants gain greater insight and understanding behind the biology of why anxiety exists and teach the skills needed for children and adolescents, as well as adults, to be able to manage anxiety, panic, and obsessive thoughts and compulsive behaviors more effectively.

"Generations Next": Surviving & Parenting the Teen Toxic Culture

In this training, we will help parents understand the often complicated, technical and frightening world of the teen toxic culture. We will look at the history, evolution, and changes that make up the world that teens live in and are exposed to every day. This class will explore victimization (and perpetrator) issues such as bullying, cyber-bullying, violence, human trafficking, and risky relationships that can result in today's teen world. This class is designed for anyone who may be parenting pre-teens and teens (or younger children that will eventually grow up!). This training contains material that is moderately graphic in nature and is intended for mature audiences only.

Supporting Healthy Attachment Across the Developmental Spectrum

This new course co-led by Krista McCalley and Lois Smidt will help empower individuals with concrete, practical tools while exploring the attitudes and values that can be used with youth across the developmental spectrum. There is much we can do to empower our ability to attach emotionally to individuals, families, groups and the community – and to enhance our connection and success with all children and youth in our lives.

"Where's the Map?" – Helping Your Child Navigate the Social World

Growing up is hard to do. Each generation of children and teenagers has faced their share of challenges, however with the advent of new technologies, Generation Z or "digital natives" have access to the world in a whole new way. This can be empowering while at the same time dangerous. During this class you will learn about how you can help children from infancy to adolescence safely navigate their social world. Info about bullying, peer pressure, social networking, video games & the internet will be covered in this dynamic class.

Date & Time	Name of Training	Credit	Location
Sat., June 29 1:30pm-4:45pm	I'm Pulling My Hair Out!!! (Navigating the World of Workers)	3 hours	Ankeny IFAPA Training Center
Sat., June 29 1:15pm-5:30pm	CPR & First Aid - To avoid late fee, make payment by June 14	4 hours	Cedar Rapids To be announced
Sat., June 29 9am-4:30pm	"Generations Next": Surviving and Parenting the Teen Toxic Culture*	6 hours	Davenport Clarion Hotel
Sat., June 29 1:30pm-4:45pm	Mandatory Child Abuse Reporter Training	3 hours	Sioux City Stoney Creek Inn
Sat., July 13 1:30pm-4:45pm	Mandatory Child Abuse Reporter Training	3 hours	Ankeny IFAPA Training Center
Sat., July 13 1:15pm-5:30pm	CPR & First Aid - To avoid late fee, make payment by June 28	4 hours	Cedar Falls To be announced
Sat., July 13 9am-4:30pm	Teen Anger: How to Regulate Your Home Atmosphere*	6 hours	Council Bluffs IWCC
Sat., July 13 9am-4:30pm	Supporting Healthy Attachment Across the Developmental Spectrum	6 hours	Sioux City Stoney Creek Inn
Fri., July 19 & Sat., July 20 8:30am-5pm	Caring for Children Who Have Experienced Trauma Educational Forum* (Registration deadline is July 5) <i>more details about this 2-day event listed below</i>	14 hours must attend both days	Cedar Rapids Best Western LB
Sat., July 27 1:30pm-4:45pm	Mandatory Child Abuse Reporter Training	3 hours	Davenport Clarion Hotel
Fri., Aug. 2 & Sat., Aug. 3 8:30am-5pm	Caring for Children Who Have Experienced Trauma Educational Forum* (Registration deadline is July 19) <i>more details about this 2-day event listed below</i>	14 hours must attend both days	Des Moines DHS - Riverplace
Sat., Aug. 10 9am-4:30pm	"Don't Worry About It!" Anxiety, Panic and OCD*	6 hours	Cedar Rapids Best Western LB
Sat., Aug. 10 9am-4:30pm	From Fear to Love: Beyond Consequences II*	6 hours	Davenport Clarion Hotel
Sat., Aug. 17 1:15pm-5:30pm	CPR & First Aid - To avoid late fee, make payment by Aug. 2	4 hours	Council Bluffs To be announced
Sat., Aug. 17 1:30pm-4:45pm	Sibling Groups: Conquer or Be Conquered	3 hours	Mason City NIACC

CLASS DESCRIPTIONS

I'm Pulling My Hair Out... Navigating the World of Workers

Each of us wants the best for the child in our care, however it is often difficult to know when a child of any age who has been placed in our home is simply having difficulty with the transition into our home and when they may need more intensive mental health help. This session will detail from beginning to end what therapy and BHIS service entails from intake to closure. It is designed to help you know the difference, where to go to get help and what the services offered are really supposed to provide so you can determine if the service being provided to your child is appropriate for their needs.

HOW TO REGISTER

REGISTER VIA PHONE:

Call 800-277-8145 ext. 1

REGISTER ON OUR WEBSITE:

www.ifapa.org/training/training_registration_form.asp

* SOCIAL WORKER CEUS

IFAPA has also approved some of our trainings for Social Worker CEUs. The approved classes are noted (*) next to the title. Social Worker CEUs are \$20 per day, per participant. Registrations are accepted by mail only. Find the registration form on the IFAPA website at the following link:
www.ifapa.org/training/Social-Worker-CEU.asp

Caring for Children Who Have Experienced Trauma Educational Forums

TWO DAYS...THAT SEEMS LIKE A LOT OF MY TIME. WHY SHOULD I MAKE THE COMMITMENT?

- For you and the children in your care
- To improve your level of education
- To ensure you remain part of the greater discussion happening in the state
- A little bit of knowledge really does go a long way
- The information you will learn may drastically improve your ability to parent children with tough behaviors
- Even the most experienced professionals recognize the need for growth in their chosen field

CEDAR RAPIDS

Friday & Saturday, July 19 & 20, 2013
(8:30am-5:00pm)
Best Western Longbranch
REGISTRATION DEADLINE IS JULY 5

CREDIT - Worth 14 hours of foster parent training credit/social worker CEUs - All participants must attend both days of the educational forum. Certificates will not be provided to participants until the second day. No partial credit will be given.

COST - For parents: \$15 per person (includes attendance to forum and lunch for both days). For social workers: \$40 per person (includes the cost of lunch for both days and CEU fees).

REGISTER ONLINE

<https://ifapa.ejoinme.org/2013TraumaEducationalForum>

REGISTER VIA MAIL

http://www.ifapa.org/pdf_docs/TraumaEducationalForumRegForm.pdf

DES MOINES

Friday & Saturday, August 2 & 3, 2013
(8:30am-5:00pm)
Polk County DHS River Place
REGISTRATION DEADLINE IS JULY 19



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Website: www.ifapa.org
E-mail: ifapa@ifapa.org

look inside to view
**IFAPA's
Training
Schedule**
April - August 2013

FREE BOOK FROM IFAPA

Foster Parents and the Courts

As a foster parent you have a critical role to play in the life of a child. Not only are you responsible for the child's day-to-day care, but because you spend so much time caring for and observing them, you are able to provide the Department of Human Services (DHS), and the court with valuable information that is needed to make important decisions regarding the child's welfare. One of the important needs of a child placed in foster care is the need to receive permanency timely. Juvenile court and DHS have the responsibility to assist the birth family in rectifying the problems that led to the removal of the child, allowing the child to return home safely. It is strongly recommended that foster parents attend all court hearings for the children in their care. As a foster parent, you have a right to receive notice of court hearings and you have the right to be heard in court. You are not automatically a party to a case; however, you may become a party if you petition to intervene and are granted that right.

Foster Parents and the Courts was written in order to help you understand the court process. It will provide you with valuable information about your rights and responsibilities, the role of key participants in the court process, and how you can be most effective in advocating for the best interests of the children in your care.

To request a free copy of this book, please e-mail [Crystal Thomason at cthomason@ifapa.org](mailto:cthomason@ifapa.org) or call 800-277-8145 ext. 5. Iowa social workers can also request free copies of this book to distribute to families.

