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Legislative Breakfast - IFAPA's Legislative Breakfast will take place on Thursday, Feb. 16 at the State Capitol in Des Moines. Legislators need to hear from you to make positive changes in the lives of foster and adoptive children.

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Making Our Kids' World a

Little Safer - Unfortunately, U.S. toxic culture is more than happy to raise, educate, entertain, and addict our kids. As a parent, we must gain awareness of what is out there and strategies that we can use to increase safety and the likelihood that we will have healthy teens and young adults.

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Upcoming IFAPA Trainings

Check out the great trainings being offered by IFAPA in January, February and March.

More on page 4 & 5

Stride for Foster Care

Walk Fundraiser - The Stride for Foster Care event will take place on Saturday, May 5 in West Des Moines. The event includes a 3 mile walk around a beautiful lake and will end with food and activities for the whole family.

More on page 6 & 7

Mark Your Calendars for IFAPA's Upcoming Events:

Legislative Breakfast

February 16, 2012
Iowa State Capitol - Des Moines

IFAPA State Conference

March 2-3, 2012
Adventureland Inn - Altoona

Stride for Foster Care Walk

May 5, 2012
Raccoon River Park - West Des Moines

IFAPA's Adventureland Day

August 25, 2012
Adventureland Park - Altoona

News & Views

WINTER 2012



INTRODUCING A NEW FOSTER CHILD TO YOUR FAMILY AND HOME

Material taken from the DHS Foster Parent Handbook. Find the entire handbook online at www.ifapa.org.

Placement Day

On placement day, if there has not been a pre-placement visit, you will need to show the child around, including where the child will put personal belongings, sleep, and sit at the table. If you have a routine, share that routine with the child. Let the child know the family rules and expectations.

Talk to the child about introductions to new people. Let the child know that the reason the placement is a private matter and it not their fault and no one else needs to know, unless the child wants to tell someone. Help the child come up with a truthful and appropriate way to answer basic questions often asked of children who come into care. For example, the child might say "I am staying with this family for a while."

Do not throw away toys or clothes that the child has brought along, even if they are in very poor condition. These items are familiar and may help the child feel more comfortable in this new situation. It is also important for birth parents to see their child with the toys and clothes they have sent.

The first few weeks of a placement will be a period of adjustment for everyone. The most important thing you can offer during this time is a stable and consistent family life. Because children come to foster care from a variety of backgrounds, the adjustments to your life-style and expectations will require repetition, explanation, and patience. Remember that the child has been traumatized by the removal from their home.

The following are some of the most common questions asked by children in foster care:

- If I like it here, will I be a "traitor" to my family?
- How do you feel about my real mom and dad?
- How will you introduce me when we meet new people?

- Will you be upset if I'm happy about going for a home visit?
- May I feel happy or sad after a visit?
- How do you discipline around here?
- I'm not sure I like everyone here. May I tell you what I don't like?
- How will I handle the new kids at school?
- Who are all these "workers"?
- Who did this to me?
- Is it possible I won't ever go back home?

Often a child may appear well behaved at first and then for no apparent reason things begin to go wrong. This may mean the child is beginning to feel at home and relaxed in the new situation and is no longer on his or her best behavior. It may be their reaction to the trauma of being removed from their home and/or the trauma of any abuse that happened, or a reaction to a trauma reminder.

Adjustment Period

Children entering foster care go through a grieving process including stages of shock or denial, anger, despair, and acceptance or at least understanding. Separation from birth parents is difficult for all children, regardless of the reason for placement. Children often show their emotional reactions to previous abuse and to separation from their family through their behaviors.

What follows is a description of the stages of the grieving and typical behaviors a child may exhibit at each stage or behaviors from being traumatized. The length of the grieving process varies for each child. While most children will reach acceptance within six months, some will adjust more quickly and others will take much longer.

Continued on the next page

Stages of Grief and Loss or Trauma Responses

Shock or Denial (Honeymoon) - Feelings Repressed

- Emotions may be absent, shallow or somber.
- May appear to be withdrawn or sleep a lot.
- May over-eat or refuse food.
- May deny that anything has happened.
- May seem confused.
- May be a model child.
- May regress, and suck thumb or wet bed.

Anger: Feelings Expressed

- Realizes implications of living with new family.
- May break things, show temper tantrums, scream, cry, set fires, steal, lie, act out sexually, run away.
- May be aggressive or disruptive at home or school.
- May be anxious, tense, and hyperactive.
- May refuse to talk with or about birth parents.
- May direct thoughts and behaviors toward lost person.
- May feel they are to blame for placement.

Despair: Feelings Directed Inward

- Accepts reality of placement and that returning to family may not occur soon.
- May be depressed, withdrawn.
- Doesn't want to interact with others, few demands made.
- May feel disorganized, restless.
- May be preoccupied with things rather than people.
- May regress to an earlier time in life when things were happier.
- May have physical complaints, stomach aches.
- May injure self.

Acceptance

- Feels and acts secure in environment.
- Seeks new activities and begins making emotional investments.

Some Hints To Smooth The Road

The following are suggestions to help a child through the stages of grieving.

Shock and Denial

- Receive the child quietly. The child is already self-conscious, frightened, and confused. Avoid extra social demands. Settle down to a regular routine as quickly as possible, and have any welcoming celebrations later.
- Explain and discuss the reasons for the child's placement at a level the child can understand and in a soothing and reassuring tone of voice. Repeat this information as often as needed.
- Give factual information about the placement and the whereabouts of parents and siblings.
- Respect the child's feelings for the past. Do not probe. Let the child know that the door is open if the child wants to talk and that you accept the fact that the past has been different.
- Respect the child's parents and the child's loyalty to them. The child's own parents are important.

- Support visits with the birth parents.
- Let the child have prized possessions and a place to keep them.
- Look for things that soothe and calm the child—a stuffed animal, blanket, coloring, etc.
- Help them to talk about how they feel—angry, mad, sad, confused.
- Talk to the child in a calm voice and at their eye level.
- Give them choices—would you like to play with a toy or read.
- Allow time for the child to process requests, especially when you ask them to do something.
- Focus on the child's good behavior. While it may be easier to focus on and punish wrong behavior, it is often more helpful to reward the child's good behavior. It is important to point out the things the child does well and what you like about the child, as well as what you want the child to learn or change. A child in foster care may doubt your positive remarks initially, but if you are sincere and persistent, the child will begin to believe you and to develop a better self image.
- Avoid threats. Warnings of "I'll tell your worker" or "I'll send you back home" leave painful impressions. This sets up the worker as the "bad guy" and heightens the child's sense of vulnerability. The child has already lost one or more homes and feels threatened with losing another. In the long run, this undermines the child's sense of security and is destructive to the child.
- All family members should focus on helping the child feel more comfortable.
- Use household tasks constructively. Give the child responsibilities in line with age—not too many, not too few. Give the child recognition for carrying them out. Appropriate household responsibilities increase the child's sense of belonging.
- Help the child accept strengths and limitations, and don't push beyond the child's capacity.

Anger

- Give messages to the child that it's okay and normal to be angry and to say they are angry.
- Show acceptable ways to be angry—swimming, drawing, running, talking, punching bags, etc.
- Help the child to understand they are not to blame for the placement.
- Re-explain why the child is in foster care.
- If the child tells exaggerated stories, don't pump, ridicule, or argue.
- Determine with the worker what is real.
- Allow time.

Despair

- Encourage the child to talk about feelings. The child may not know how to name their feelings to talk about them.
- Ask, but don't probe, how the child feels.
- Dolls and pictures may help young children act out feelings through play.
- Older children should be supported and helped to express hurts and worries.
- Get the child interested in and helping with a life book.
- Show respect for feelings and provide hugs and reassuring touches.

Acceptance

- Provide the child with new interests and opportunities to develop new relationships.
- Allow the child to remember, talk about, and have contact with birth family. Continue to work with the child on the child's lifebook.

MAKING OUR KIDS' WORLD A LITTLE SAFER

Written By: Mike McGuire, IFAPA Trainer

A few months ago I was giving a talk to a large group of community members, parents, and educators on the impact of media and technology on today's teens. After 2 hours of talking about such things as violence and sex in television, music, video games and on the internet the session ended. As always, I was hopeful that I had given the audience some useful information to think about and use in their own families, classrooms, and community. After I was done, a couple came up front to visit with me about how their teen had been impacted very negatively by the "Toxic Culture". What they said to me was typical of what I often hear from parents. They told me that they had "no idea" that there were so many things out there that kids are exposed to on a daily basis that could cause problems until it was "too late" for their daughter and she had suffered some serious consequences.



If you think about it, anyone who is parenting teenagers has one piece of experience that should come in pretty handy: we were once teens ourselves! Why is it then that we seem so ill equipped sometimes to understand and navigate through the world of today's teen? To me, the answer is really not that difficult to understand.

The first thing to consider is that if you are over about 40 years old you are probably a "digital immigrant" versus today's teens who are "digital natives". This means that we as parents have had to learn and adapt to the technology rich world our kids were born into and seem "wired" to understand. The trend toward electronic communication and away from good face to face interpersonal communication affects everything from interpreting facial expressions to traditional classroom learning.

Next, we as parents have little in our life experience to help us understand the deeply impactful consequences today of such things as bullying, cyber-bullying, violence and self-injurious behavior. Take into consideration also that kids' brains may be taking longer to develop while their bodies are leaping into puberty earlier than ever with daily exposure to a popular and media culture that is saturated with messages that encourage "early mental sexualization".

We must also throw into the mix today's extreme risk taking behavior when it comes to the world of alcohol and drug abuse. Yes, these problems have existed with every generation-however, today's drug and alcohol scene is chock full of high potency, dangerous, often deadly options that didn't even exist when we were teens. Coupled with the tendency that today's teens have to do everything faster, more intensely, and more extreme than ever before, the risks and dangers are far more serious than previous generations had to contend with.

We cannot make the world a completely safe place for kids but we can make it safer. Unfortunately, the toxic culture is more than happy to raise, educate, entertain, and addict our kids. As a parent, we must place ourselves between the toxic culture and our children and a good place to start is to gain awareness of what is out there and strategies that we can use to increase safety and the likelihood that we will have healthy teens and young adults. If you want to learn more about these topics please consider attending IFAPA's free 6 hour trainings "Dangerous Playgrounds - Drug Awareness and Trends" and/or "Generations X,Y, and Z- The Toxic Culture of Teens". Find upcoming training dates and locations on pages 4 and 5.



IFAPA's Legislative Breakfast

Thursday, February 16, 2012
7am-9am - Legislative Dining Room
State Capitol Building - Des Moines

We invite you and your family to our Legislative Breakfast on Thursday, February 16 at the State Capital in Des Moines. Iowa's foster, adoptive and kinship families are improving the child welfare and child protective system by advocating for positive change. IFAPA will continue to work to be a voice for children and families, but we need your help. Legislators want to hear from YOU, their constituents. They are there to address the needs of all Iowans, including the children in foster care and adoptive homes and the parents who care for them.

In these tough financial times it is imperative that IFAPA members keep their legislators informed on the issues facing children in their care. Sharing specific information such as: how adoption subsidy has made a difference for your child; how a child has blossomed with the structure and consistency of foster care; how your family has been able to work with birth parents to return a child home; how a training taught you how to parent a difficult teen—all tell the story of the importance of funding for foster care and adoption programs.

If you plan to attend, please RSVP to IFAPA at 800-277-8145 ext. x 4. Be sure to watch for helpful tips on speaking with Legislators in future issues of our Weekly Word newsletter.

**Join IFAPA for a FREE BREAKFAST
and Meet Your Legislators!**

IFAPA'S TRAINING SCHEDULE

All of the following classes are free to foster, adoptive and kinship parents with the exception of CPR and First Aid. To register for a class, call IFAPA at 800-277-8145 ext. 1 or register online at the following link: www.ifapa.org/training/training_registration_form.asp. To read all of the class descriptions, and trainings scheduled in April and May 2012, visit www.ifapa.org/training/ifapa_training_schedule.asp.

Date & Time	Name of Training	Credit Hours	Location
Sat., Jan. 7 8:30am-5pm	<i>Caring for Children Who Have Experienced Trauma (Part 1) Modules 1-4</i>	7 hours	Ankeny IFAPA Training Center
Sat., Jan. 14 9am-4:30pm	<i>Beyond Consequences... Helping Children with Severe Behaviors</i>	6 hours	Ankeny IFAPA Training Center
Sat., Jan. 14 9am-12:15pm	<i>Snakes, Snails & Puppy Dog Tails... Raising Boys</i>	3 hours	Council Bluffs Country Inn & Suites
Sat., Jan. 14 1:30pm-4:45pm	<i>Sugar, Spice & Everything Nice... Raising Girls</i>	3 hours	Council Bluffs Country Inn & Suites
Sat., Jan. 14 9am-4:30pm	<i>Generation X, Y & Z - The Toxic Culture of Teens</i>	6 hours	Dubuque Keystone AEA
Sat., Jan. 21 9am-12:15pm	<i>Decoding the Mystery of ADHD</i>	3 hours	Ames Country Inn & Suites
Sat., Jan. 21 1:30pm-4:45pm	<i>Worrywarts...Understanding Anxiety Disorders in Children</i>	3 hours	Ames Country Inn & Suites
Sat., Jan 21 9am-12:15pm	<i>Snakes, Snails & Puppy Dog Tails... Raising Boys</i>	3 hours	Iowa City Clarion Hotel
Sat., Jan. 21 1:30pm-4:45pm	<i>Sugar, Spice & Everything Nice... Raising Girls</i>	3 hours	Iowa City Clarion Hotel
Sat., Jan. 21 9am-4:30pm	<i>Which Piece of the Puzzle is Missing? Discover Pieces...Affecting Your Family</i>	6 hours	Sioux City NW AEA
Sat., Jan. 21 9am-4:30pm	<i>Generations X, Y & Z - The Toxic Culture of Teens</i>	6 hours	Waterloo Hawkeye College
Sat., Jan. 28 9:30am-4:45pm	<i>People of Color: Skin & Hair Care with a Twist</i>	6 hours	Bettendorf Bettendorf Library
Sat., Feb. 4 8:30am-5pm	<i>Caring for Children Who Have Experienced Trauma (Part 2) Modules 5-8</i>	6 hours	Ankeny IFAPA Training Center
Sat., Feb. 4 9am-4:30pm	<i>Beyond Consequences...Helping Children with Severe Behaviors</i>	6 hours	Marshalltown AEA 267
Sat., Feb. 11 9am-12:15pm	<i>Snakes, Snails & Puppy Dog Tails... Raising Boys</i>	3 hours	Ames Country Inn & Suites
Sat., Feb. 11 1:30pm-4:45pm	<i>Sugar, Spice & Everything Nice... Raising Girls</i>	3 hours	Ames Country Inn & Suites
Sat., Feb. 18 9am-4:30pm	<i>Dangerous Playgrounds - Drug Awareness and Trends</i>	6 hours	Ankeny IFAPA Training Center
Sat., Feb. 18 9am-4:30pm	<i>People of Color: Skin & Hair Care with a Twist</i>	6 hours	Cedar Rapids Coe College
Sat., Feb. 25 9am-12:15pm	<i>Snakes, Snails & Puppy Dog Tails... Raising Boys</i>	3 hours	Dubuque Keystone AEA
Sat., Feb. 25 1:30pm-4:45pm	<i>Sugar, Spice & Everything Nice... Raising Girls</i>	3 hours	Dubuque Keystone AEA
Sat., Feb. 25 9am-4:30pm	<i>Responding to Cultural Differences - What's a Parent to Do?</i>	6 hours	Sioux City Briar Cliff University

NEW CLASS!



“Which Piece of the Puzzle is Missing?” - Discover Pieces Concerning and Affecting Your Family

Written By: Marty Wallace, IFAPA Trainer

Ever felt sucked under, lost, unprepared for a child, and wanted to hide in Walmart for days on end? Ever felt like you are becoming a couple or person who you don't know anymore? Ever felt like the child in your care does not respond to traditional parenting strategies? Ever felt like the school and you aren't working very well together? Ever tried to find respite care but can't find it or it seems that you get paybacks when you return? Ever feel like your biological children are getting the short end of the stick? If you find that you are answering “Yes” to most of these questions, this is the workshop for you! New information and strategies will be presented and a take-home manual will be provided. Knowledge for this training taken from leading experts including Arthur Becker-Weidman's work. Each piece of the puzzle will be covered and then a short video will be presented by parents or clients I actually work with. This workshop will help you zero in on specific behaviors and help you put the puzzle together to make a difference in a child's life. Also different types of therapy will be quickly covered. The workshop will also cover strategies for internationally adopted children using the work of Boris Gingis and Patty Cogen.

DON'T MISS CPR AND MANDATORY REPORTER TRAININGS ON PAGE 8

Date & Time	Name of Training	Credit Hours	Location
Fri., Mar. 2 8:30am-4:30pm	<i>IFAPA Conference - See page 3 for more info about the conference</i>	6 hours	Altoona Adventureland Resort
Sat., Mar. 3 8:30am-4:30pm	<i>IFAPA Conference - See page 3 for more info about the conference</i>	6 hours	Altoona Adventureland Resort
Sat., Mar. 10 9am-4:30pm	<i>Which Piece of the Puzzle is Missing? Discover Pieces...Affecting Your Family</i>	6 hours	Ames Country Inn & Suites
Sat., Mar. 10 9am-4:30pm	<i>People of Color: Skin & Hair Care with a Twist</i>	6 hours	Council Bluffs Country Inn & Suites
Sat., Mar. 10 9am-12:15pm	<i>Decoding the Mystery of ADHD</i>	3 hours	Davenport Clarion Hotel
Sat., Mar. 10 1:30pm-4:45pm	<i>Worrywarts...Understanding Anxiety Disorders in Children</i>	3 hours	Davenport Clarion Hotel
Sat., Mar. 17 9am-12:15pm	<i>Decoding the Mystery of ADHD</i>	3 hours	Cedar Falls Clarion Hotel
Sat., Mar. 17 1:30pm-4:45pm	<i>Worrywarts...Understanding Anxiety Disorders in Children</i>	3 hours	Cedar Falls Clarion Hotel
Sat., Mar. 24 9am-4:30pm	<i>People of Color: Skin & Hair Care with a Twist</i>	6 hours	Ankeny IFAPA Training Center
Sat., Mar. 24 9am-4:30pm	<i>Dangerous Playgrounds - Drug Awareness and Trends</i>	6 hours	Cedar Rapids Coe College
Sat., Mar. 31 9am-4:30pm	<i>Which Piece of the Puzzle is Missing? Discover Pieces...Affecting Your Family</i>	6 hours	Ankeny IFAPA Training Center
Sat., Mar. 31 9am-4:30pm	<i>Dangerous Playgrounds - Drug Awareness and Trends</i>	6 hours	Storm Lake Buena Vista University



2012 SPRING CONFERENCE

Friday, March 2 & Saturday, March 3
Adventureland Resort - Altoona, IA

Registration Details:

Two-Day Conference Rate - \$65 person
One-Day Conference Rate - \$45 person

How to Register:

To register for this conference, please complete the registration form at the end of the conference booklet (found on our website - www.ifapa.org) and mail to IFAPA. Methods of payment accepted are check, money order and credit cards (online only).

Conference Workshops:

- Adoption Assistance and Adoption Tax Credit
- Lifelong Issues in Adoption
- Transitioning From Foster to Adoptive Parenting
- Attachment & Trauma: Strategies for Positive Change
- Creating Cultural Connections: Compassion Compels & Connections are Critical
- Creating Social Success for Asperger Youth - Foundation & Practical Approaches
- Mood Disorders in Children and Teens: What Does it Look Like and What Can We Do?
- Youth Bipolar or TDD: Trying to Understand the Difference
- CPR & First Aid
- Mandatory Child Abuse Reporter Training
- Generation X, Y & Z - The Toxic Culture of Teens: Relationship and Other "Risky Business" & The Impact of Media & Technology
- Get it Right! A Guide to Help Youth & Parents Find Their Way Through the Foster Care and Juvenile Justice System
- What You Need to Know When Caring for Drug Endangered Children
- The IMPACT – (Biological Children) Sharing Our Parents

Inclement Weather/Class Cancellation Policy --

During the winter months, bad weather can happen. We try our best to avoid cancelling trainings. If the trainer is able to make it to the training location and the facility is open, IFAPA will still hold the class for those families that need to get their training hours completed. If you feel the weather is too dangerous to travel, please stay home and you can register for a different upcoming class.

If a class needs to be cancelled, we will make every effort to notify all attendees of the cancellation via e-mail or phone. IFAPA will also list all class cancellations on our Training Coordinator's voicemail. If you would like to find out if any classes have been cancelled due to weather, please call 800-277-8145 ext. 2.

BURNS JOINS IFAPA AS NEW TRAINING COORDINATOR

Hiliary Burns recently joined the IFAPA team as their new Training Coordinator. Hiliary earned her BA in Psychology from Wartburg College and her Master's degree in Applied Clinical Psychology from the University of Northern Iowa. She worked as an in-home therapist for two years before transitioning into higher education, most recently working as the Assistant Director of Forensics (speech) and adjunct professor at her alma mater, Wartburg College. Hiliary brings a wide range of skills to the IFAPA team including extensive work in curriculum development, project management, teaching and public speaking. She served on the Board of Directors for the YWCA of Black Hawk County for five years and currently serves as the Administrative Assistant for the AAUW of Iowa Board of Directors. Hiliary hails from Minnesota, but has lived the past eleven years in Iowa. She currently lives in Ames with Jason, her husband of five years, and Kara and Jayne, their two cats.



Hiliary is responsible for planning the spring, summer, fall and conference training sessions, coordinating support group trainings and working on developing specialized topics to educate Iowa's families. She can be reached at 800-277-8145 ext. 2 or hburns@ifapa.org.



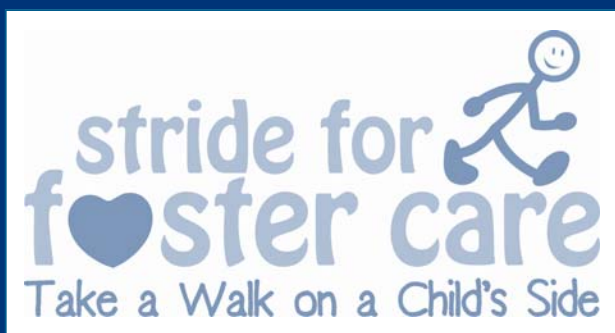
Would you WALK 3 MILES to help a child in foster care?

Saturday, May 5, 2012

Registration - 10:30am

Walk starts - 11:00am

Raccoon River Park (2500 Grand Ave) West Des Moines, IA



WHY WALK?

Because there are 3,600 children in Iowa's foster care system that need our support. Last year IFAPA raised over \$22,000 between sponsors and contributors for the Stride for Foster Care Walk, and this year we hope to exceed that amount. All proceeds raised from the Stride for Foster Care Walk will benefit IFAPA's Friends of Children in Foster Care Program. To help only half of the 3,600 foster children in Iowa each year, it would cost \$360,000. **We Need Your Help!!!!**

HOW TO REGISTER

Walkers are asked to sign up by Friday, April 13 and pay a \$30 registration fee which includes a t-shirt and a free lunch. Kids 10 & under are free. Visit www.ifapa.org to sign up, start your fundraising and earn great prizes! Walkers can use our Walk Pledges form on the next page to start collecting pledges and earn a great prize! The first 25 people to register for the walk will win a free pedometer.



FUNDRAISING PRIZES

For the 2012 walk, the money you raise will qualify you for one of the following levels. You will get to choose between either the prize listed or a gift card. IFAPA will contact you prior to the walk to find out if you would like the prize or the gift card, for the level you reached.

Level 1: \$100-\$299

Rolling Cooler or \$25 Casey's Gift Card

Level 2: \$300 - \$599

Digital Camera or \$60 Casey's Gift Card

Level 3: \$600 - \$999

Camcorder or \$120 Wal-Mart Gift Card

Level 4: \$1000 - \$1499

iPod Touch or \$200 Visa Gift Card

Level 5: \$1500 +

Flat Screen TV or \$300 Visa Gift Card

SPONSORS NEEDED

If you know a business and/or individual who would be interested in being a sponsor for the Stride for Foster Care Walk, please contact IFAPA for a sponsorship form or visit the IFAPA website (www.ifapa.org).

MORE INFO

www.ifapa.org / 800-277-8145 ext. 1



Walk Pledges

I am raising money for the Iowa Foster and Adoptive Parents Association. My fundraising goal is \$ _____. Will you help support this important cause? Thanks for your help!!

Saturday, May 5, 2012

Check-In - 10:30am / Walk - 11am

West Des Moines, IA Raccoon River Park (2500 Grand Ave)

All walkers are asked to pre-register online at www.ifapa.org. If you wish to register via mail, please complete our registration form (found at www.ifapa.org) and mail in with your registration fee by Friday, April 13th. Each walker (age 11 & older) is asked to pay a \$30 registration. Children 10 & under are free. Walkers who register online, can invite their family & friends to make online pledges and/or you can use this form to collect walk pledges face-to-face. Please turn in this form & pledge money on the day of the walk.

Participant's Full Name: _____ Team Name, if applicable: _____

Full Mailing Address: _____

E-mail: _____ Home Phone: _____ Cell Phone: _____

8 Ways in 8 Days to collect pledges. Here is a simple plan to raise \$300 or more and win great prizes!! See the prize list @ www.ifapa.org.

Day 1.....Pay your walk registration.....\$30 Day 3.....Ask 3 relatives.....\$60 Day 5.....Ask 3 co-workers.....\$30 Day 7.....Ask 2 people from your church....\$25
 Day 2.....Ask your spouse.....\$20 Day 4.....Ask 3 friends.....\$30 Day 6.....Ask 3 neighbors.....\$30 Day 8.....Ask your friends on Facebook....\$75

Sponsor's Name	Mailing Address	E-mail Address	Phone	Pledge Received
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				

CASH, CHECK OR ONLINE DONATIONS ACCEPTED - make online donations @ www.ifapa.org
 Please make checks payable to: IFAPA (IFAPA mailing address: 6864 NE 14th St., Suite 5 - Ankeny, IA 50023)

TOTAL COLLECTED: \$ _____

I, on my own behalf, and on behalf of my minor child(ren), or legal ward(s) (herein after "releasor") hereby voluntarily release, waive, relinquish, discharge and covenant not to bring any cause of action against the Iowa Foster and Adoptive Parents Association or any of their board of directors, employees or agents (hereinafter (Releasor)) for any and all actions or causes of action for personal injury, death or property damage occurring to releasor, whether caused by the negligence of the releasor or otherwise, as a result of engaging in or participating in the Stride for Foster Care walk fundraiser, or while in, on, or upon the premises where the activities are being conducted. Releasor assumes full responsibility for all risk of bodily injury, death, or property damage, whether caused by the negligence of releasor, or otherwise, while engaged in the Stride for Foster Care walk fundraiser. Releasor, for himself or herself or his or her heirs, executors, administrators, and assigns agrees that in the event that any claim for personal injury, death, or property damage shall be prosecuted against releasor, releasor shall indemnify and hold releasor harmless from any and all such claims or causes of action by whomsoever made and wherever presented. Releasor acknowledges that releasor has read this release, has been fully and completely advised of the potential dangers incidental to engaging in the activity, and is fully aware of the legal consequences of signing this release.

Total is due on May 5th. To print additional pledge sheets, visit www.ifapa.org.



A 3-mile walk to benefit:

Signature _____ Printed Name _____

Date _____



Non-Profit Org
 U.S. Postage Paid
 Des Moines, Iowa
 Permit # 4278

6864 NE 14th Street, Suite 5
 Ankeny, IA 50023

Toll-free: 800.277.8145
 Dsm area: 515.289.4567
 Fax: 515.289.2080
 Website: www.ifapa.org
 E-mail: ifapa@ifapa.org

Required Classes

CPR & First Aid Clarification from DHS

Question: When are the CPR and First Aid trainings required to be completed again?

Response: CPR and First Aid trainings are required to be completed during, but before the end, of every third training cycle.

CPR & First Aid

(4 hrs credit) - IFAPA's CPR and First Aid class is designed to give you the confidence to respond in an emergency situation with skills that can save a life. IFAPA's CPR & First Aid classes are presented by CPR/First Aid certified trainers and have been approved by DHS for foster parents. All licensed foster homes must be certified in CPR & First Aid within their first year of licensure and every three years thereafter.

The cost of IFAPA CPR and First Aid classes are \$25 per person. There is a \$10 LATE FEE (per person) if payment is not received by the dates listed below.

To pay by check please print off the registration form on IFAPA's website (on the CPR Training page) To pay by credit card please contact Stephanie Miles at 1-800-277-8145 ext. 1 or by email at smiles@ifapa.org to obtain the link to make your payment online. Once payment is received you will be enrolled in the class and location information will be released.

Date of Training:

MUSCATINE - Sat., Feb. 18 (1:15pm-5:30pm)
SIoux CITY - Sat., Feb. 18 (1:15pm-5:30pm)
CEDAR FALLS - Sat., Mar. 31 (1:15pm-5:30pm)
COUNCIL BLUFFS - Sat., Apr. 14 (1:15-5:30pm)
DUBUQUE - Sat., Apr. 21 (1:15pm-5:30pm)
ANKENY - Sat., Apr. 28 (1:15pm-5:30pm)
CEDAR RAPIDS - Sat., May 12 (1:15pm-5:30pm)
AMES - Sat., May 19 (1:15pm-5:30pm)

Payment Due Date:

Fri., Feb. 3 (by 5pm)
Fri., Feb. 3 (by 5pm)
Fri., Mar. 16 (by 5pm)
Fri., Mar. 30 (by 5pm)
Fri., Apr. 6 (by 5pm)
Fri., Apr. 13 (by 5pm)
Fri., Apr. 27 (by 5pm)
Fri., May 4 (by 5pm)

Mandatory Child Abuse Reporter Training

(3 hrs credit) - This is the state approved Mandatory Reporter class required for foster parents to complete within the first year of licensure, and then every five years thereafter. IFAPA's FAIR Program will also be discussed.

Trainer: Steven Hayward

COUNCIL BLUFFS - Sat., Feb. 11
 (1:30-4:45pm) - Country Inn & Suites

DUBUQUE - Sat., Mar. 24
 (1:30-4:45pm) - Keystone AEA

ANKENY - Sat., Apr. 21
 (1:30-4:45pm) - IFAPA Training Center

BETTENDORF - Sat., Apr. 28
 (1:30-4:45pm) - Bettendorf Public Library

MASON CITY - Sat., May 19
 (1:30-4:45pm) - NIACC