

Finding More Free Time in Your Busy Day

Helpful Time-Saving Tips for Parents

Free time? What's that? Was there really an era when the washing machine wasn't in constant use, when you could have a spontaneous night on the town, when you didn't fall into bed each night in a state of near-clinical exhaustion? Nowadays, your "me" time may be restricted to a few brief moments in the bathroom. The good news is that thanks to these timesaving ideas from other parents, you can get a little of it back.

- Make weekly menus. No guessing what to cook at dinnertime and no last-minute store runs.
- Freeze sandwiches on Sunday to carry you through the week. Every morning, pop a sandwich in the lunch bag and you're good to go.
- Plan clothing. I set my daughter's entire outfit (including her hair bow!) out the night before.
- Use a shared online calendar (color-coded for home, school, and work) to stay in sync with your partner.
- If you work, do errands on your lunch hour. I can get grocery shopping, picking up dry cleaning, and going to the post office out of the way and avoid going on nights and weekends.
- Don't argue over clothes – as long as they're weather-appropriate, I don't care what my kids wear.
- Multitask. I always clean the bathroom while my kids are in the tub.
- Wake up before the kids to shower and dress. I'm more motivated when I'm not in my pj's.
- Cook lots of one-pot meals on Sunday and freeze for the week.
- Double your next supper recipe, so you can have those leftovers for supper the next night.
- Prepare the night before. I know I'll breeze through the morning if I devote time after the kids are asleep to making lunches and putting homework in backpacks. I also shower, pick out my outfit, and prepare my bag for work.
- Alternate layers of rubber and regular sheets on kid beds for easy bed-wetting cleanup.
- Cook baby food for the week, freeze it in ice cube trays, and pop it out for quick meals.
- I don't fold my kids' clothes. This makes putting laundry away so much faster.
- Buy all the same color socks and you'll never have to match them again.
- Rotate toys in and out of storage to avoid clutter and boredom. This way, your kids will actually be excited to play with their own toys when you need to get stuff done.
- Getting up 20 minutes before the kids keeps me from feeling behind all day.
- I pay bills on my phone and do paperwork in the car while I'm waiting to pick up my kids.
- I keep a box ready for too-small clothes and other things to donate to charity. I throw things in as I notice them, rather than having to go through all my kids' clothes and toys later.
- My grocery list is a spreadsheet of items organized by the layout of our supermarket.
- Use checklist apps on your phone to keep track of things like your grocery list.
- I keep packages of baby wipes everywhere. They clean up almost everything quickly.
- Keep shoes organized so you're not searching the house for them. In our house, each person has a labeled bucket for shoes. They go there and nowhere else.
- I have a to-do bag that I carry with me, so I can take care of business when I have a moment.
- Manage everything online. I use online bill pay for everything, and get bills and bank statements electronically. This is so much faster than opening mailed bills and statements and paying them by hand.
- I keep a freezer inventory – it's a spreadsheet listing all the frozen items we keep on hand (and how many we have), taped to the freezer door. Whenever I use something, I mark it on the spreadsheet. One quick look at the freezer and I know exactly what I can whip up for a quick dinner for my family of five.
- Teach your kids to help where they can. My 4-year-old helps me put away shoes, sweep, and dust.
- Cook several pounds of hamburger at once and freeze the extra meat to save when you need to make a meal quickly.
- I keep healthy snacks in a snack basket where the kids can reach them. That way, I'm not making snacks all day.
- I never watch TV without a basket of laundry to fold in front of me.
- Absolutely no TV on weekdays. If it never happens, it's never an argument – so we don't waste time negotiating and bargaining.
- My kids help out with laundry – we make a parachute game out of folding sheets.
- Once they hit elementary school, have your kids participate in making a schedule for your morning routine. We held a meeting to brainstorm a list of tasks and talk about who should do what. Then we decided on an order in which the tasks should be completed. This way, my kids are more motivated and feel responsible for getting to school on time.
- Speed things up with music. High-energy tunes motivate my kids to get moving in the morning. I like Abba's "Dancing Queen" and "Mamma Mia."
- My kids love simple things: food, togetherness, laughter. If I remember that and let go of doing everything perfectly, we can get it all done.

President Obama Passes Legislation to Permanently Extend Adoption Tax Credit

On January 1, 2013, Congress passed the American Taxpayer Relief Act of 2012 (H.R. 8), legislation that included a permanent extension of the adoption tax credit. President Obama signed the bill into law the following day.

Since it was established in 1997, the adoption tax credit has helped thousands of American families offset the high cost of adoption or meet their adopted children's special needs. The credit was set to virtually disappear as of December 31, 2012. Earlier this year, the Adoption Tax Credit Working Group Executive Committee established four priorities for an adoption tax credit that is inclusive, permanent, refundable, and flat for special needs adoptions.

"By making the adoption tax credit permanent, Congress has renewed its commitment to finding safe and loving homes for children in need," said Kathleen Strotzman, Executive Director of the Congressional Coalition on Adoption Institute (CCAI). CCAI serves as the Secretariat of the Adoption Tax Credit Working Group Executive Committee. "We are thrilled that three of the four priorities established by the Executive Committee were included in this legislation. Unfortunately, without making the adoption tax credit refundable, many adoptive families of foster children with special needs will not be able to benefit from the credit."

The bill permanently extends the adoption tax credit and income exclusion for employer paid or reimbursed adoption expenses. While official estimates will be released later by the IRS, the projected maximum amount of the adoption credit for 2013 is expected to be \$12,770.

The benefits of the adoption tax credit reach beyond the children who are adopted. A 2006 study cited by the Children's Bureau found that taxpayers save as much as \$126,000 for every child who is adopted instead of remaining in long-term foster care. Significant savings to society are also achieved because children who are adopted fare better than those who live out their childhood in foster care. With more than 100,000 children in U.S. foster care waiting to be adopted, and countless millions of children worldwide without families, the continuation of the adoption tax credit helps provide love, safety, and permanency to many of these children.

Changes to Licensing Regulations

There have been changes to the licensing regulations of foster family homes relating to bedrooms for foster children and fire safety that were effective beginning December 1, 2012. The changes eliminate the need for specific measurements of above ground windows, now only requiring that it be an operable window that opens from the inside. The requirements for basement windows have not changed. There are several new requirements and an emphasis on having a comprehensive fire safety plan with a designated meeting place identified. The additional changes require:

- A standard bed, or a crib for infants and toddlers who cannot safely use a standard bed for bedrooms.
- A working smoke detector in a location where sleeping areas can be alerted. For hearing-impaired children, the foster parent shall install a smoke detector in the child's bedroom that will use an alternative means of waking the child.
- Hallways and stairways free of debris and clutter to allow unrestricted access to an exit.
- Matches and lighters shall be inaccessible to children.

The Oct. 9th issue of IFAPA's Weekly Word newsletter highlighted some helpful fire safety tips including instructions on how to make your very own fire escape plan for your family. http://www.ifapa.org/pdf_docs/WeeklyWordOct92012.pdf

This information has been provided to IFAPA and Iowa KidsNet.

HOME HEATING SAFETY

Did you know that heating equipment is a leading cause of home fire deaths? You can prevent most heating equipment fires from happening with a few simple safety tips and general precautions.

- Keep anything that can burn at least 3 feet away from heating equipment (furnace, fireplace, etc.).
- Maintain a 3 foot "kid-free zone" around open fires and space heaters (remember that no fuel (i.e. gas or kerosene) space heaters are allowed to be used).
- If you have a wood burning fireplace, have your chimney cleaned and also your wood or gas fireplace inspected by a professional regularly.
- Make sure your fireplace has a sturdy screen to stop sparks from flying into the room.
- Ashes should be cool before putting them into a metal container/bucket. Keep the container a safe distance from your home when you take it outside and do not put it in a windy area if it is uncovered. (There was a news story where a home owner placed their uncovered container that still had hot ashes in it, outside the house when it was windy and the house caught on fire.)
- Turn off portable heaters when leaving or going to bed.
- If you must use an extension cord, use a gauge heavy enough for the appliance operation. If you are not sure what gauge to use, you can call your local fire department.
- Test your smoke alarms regularly—monthly is recommended. Smoke alarms should be replaced at least every 8 to 10 years.
- While you can test your carbon monoxide detector, the alarms may work but the detector may not work even if the alarm works. These detectors only have a 5-7 year lifespan. These should be replaced every 7 years.

Half of all home heating fires are reported during the months of December, January, and February.

Advocating for the Kids in Your Home

IFAPA Legislative Breakfast
Tuesday, February 19, 2013
7am to 9am

State Capitol Building - Des Moines
Legislative Dining Room
(on the lower level of Capitol Bldg)

We invite you and your family to our Legislative Breakfast on Tuesday, February 19 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. 4.

Can't Attend IFAPA's Legislative Breakfast?

If you are not able to attend IFAPA Legislative Breakfast, but want a chance to speak with one of your legislators, consider sending them an e-mail or a letter. Visit the Legislative Resources section of our website to find resources for communicating with your legislators.

The Facts

Iowa DHS Foster Care and Adoption by the Numbers (Fiscal Year 2012)

- 2,158 number of licensed foster parents
- 1,097 number of children in family foster care
- 1,025 children adopted through foster care
- 354 trainings provided by IFAPA to 5,289 foster, adoptive and kinship parents
- On average 2,000 families are provided support by IFAPA staff each month

2013 Legislative Priorities

Protect Child Welfare Programs and Provide Ongoing Services to Families and Children

- Continued Funding for the IFAPA Contract to Provide Support and Training to Foster, Adoptive and Kinship Families - Children in foster care present unique parenting challenges. IFAPA is a statewide association which provides peer-to-peer support and training through conferences, six and three hour trainings, and support groups to assist these families. Foster, adoptive and kinship parents need programs, resources and supports to help them provide for the ongoing needs of Iowa's children in out of home care.
- Continued Support of the Foster Care and Subsidized Adoption Programs - Foster families provide more than shelter for children; they nurture and love them, feed them, clothe them, transport them to their frequent appointments necessary to address their ongoing needs, work with birth parents, and help the child to thrive and grow.

When children are unable to safely return to their birth parents, adoption provides a stable, consistent, and permanent family for the child. Adoption subsidy is available to children with special needs to help the family pay ongoing expenses as well as assist with vital services, treatments, and therapy. Adoption subsidies enable families to provide permanent homes for children who may not otherwise be able to be adopted.

IFAPA supports adding a cost of living increase to the foster care and adoption subsidy stipends.

- Continued Support of a Certified Respite Program for Foster Families - Parenting children who have been abused or neglected can be difficult and it's important that foster families have the opportunity to take occasional breaks from the demands of caregiving. The Iowa legislature approved funding in 2012 making it possible to have a certified respite program in 10 counties. This program allows for respite to be provided in the licensed foster family home by certified respite care providers. The current program is made possible through a partnership between DHS, the Allison Area Foster Parent Group, and the social work departments at Wartburg College in Waverly and Luther College in Decorah. In addition to providing an important service for foster families, the program provides valuable hands-on training opportunities for college social work majors.

IFAPA is requesting funding to continue the program for another year and approval to carry forward any unused funds from the 2012 financial allocation. These funds would be used to expand the program to additional counties.

- Support Programs and Funding for Youth in Care - Youth in foster care deserve to have their needs met and their interests protected. This includes the right to privacy, the right to have accessible educational programming, and the right to be protected from discrimination. All children need healthy connections that last beyond their 18th birthday and each youth should be given every opportunity to be a success in life.
- Support Funding for Additional DHS Field Staff - DHS caseloads far exceed recommended standards. This negatively impacts a social worker's ability to address the needs of children in Iowa's care. IFAPA supports adding additional DHS field staff to support the children and families utilizing child welfare services.

Provide Access to Mental Health, Nutritional, Medical and Dental Care for Iowa's Children

Children who are in foster, adoptive and kinship families often enter the system with neglected medical, dental, nutritional and mental health needs. Mental health services, nutritional programs, and oral and dental health services are necessary to address the needs of all children.

IFAPA supports continued funding for the Children's Mental Health Waiver to provide needed mental health support and services to some of Iowa's vulnerable children. IFAPA also supports continued redesign of the children's mental health system to address the unique and specific mental health needs of children.

2013 SPRING CONFERENCE

Friday, March 1 & Saturday, March 2
Adventureland Inn - Altoona, IA

The 2013 Spring Conference will be held on Friday, March 1 and Saturday, March 2 at the Adventureland Inn in Altoona. Our conference offers many great training opportunities you cannot find anywhere else!!

COST

Two-Day Conference Rate - \$65 person

One-Day Conference Rate - \$45 person

A luncheon is provided each day of the conference and is included in the conference registration price.

FOSTER PARENT TRAINING CREDIT

Each workshop at the IFAPA Conference is worth three hours of foster parent training credit.

SOCIAL WORKER CEUS

Some of the workshops have also been approved for Social Worker CEUs and are noted (*) next to the workshop titles.*

CONFERENCE REGISTRATION

Participants have the option to register via mail or register and pay online. Our conference booklet and online registration link can be found at www.ifapa.org/training/ifapa_conference.asp.

The registration deadline is Monday, February 11th.

HOTEL ARRANGEMENTS

The conference will be held at the Adventureland Inn in Altoona. Relax, splash or slide in their two tropical courtyards that include three pools, playful water features, a swim-up bar, and two hot tubs. Hotel arrangements should be made directly with the Adventureland Inn by calling 515-265-7321.

ADDITIONAL INFO:

www.ifapa.org/training/ifapa_conference.asp

CONFERENCE WORKSHOPS

- Exploring Early Childhood Development: The Typical and Not So Typical Stages*
- Post-Traumatic Stress Disorder in Children and Teens*
- Helping Children Heal*
- Why Can't They Stop: Addiction and New Drug Trends*
- "From Cave Paintings to Skype" - The "Art" of Effective Interpersonal Communication and You!
- Understanding Traumatic Stress Responses in Children*
- Self-Care for Stress-Filled Times
- Advocating for Kids: Holding Attorneys in Juvenile Court Accountable*
- "We're Not in Kansas Anymore Toto" (Internet Safety for Kids)
- Attachment - What Does It Really Mean?*
- It's Not Just for Soldiers Anymore: PTSD and Kids with Special Needs*
- Responding to the Needs of Foster Children in Public Schools*
- Fetal Alcohol Spectrum Disorder
- Adoption Assistance and Adoption Tax Credit
- Therapeutic Parenting Techniques for Children with Developmental Delays and Trauma Disorders*
- Allakazam! Does It Take Magic to Create a Healthy, Positive Attachment with Foster and Adopted Children?*
- Managing Time without Losing Your Mind: Time Management for Kids with Special Needs
- The Dangers of Online Technology and Social Networking for Foster Children
- Healthy, Happy Kids: Family Nutrition Made Simple
- Mandatory Child Abuse Reporter Training

ARE YOU READY FOR GRADUATION AND WHAT COMES NEXT?

High school graduation season is quickly approaching. Many of you are busy preparing for this milestone, but have you thought about what comes after graduation? Are you and youth in your care prepared for what comes next? Make sure that young people are aware of the services and support available from the Iowa Aftercare Services Network (IASN) for youth who exit foster care near their 18th birthday. These voluntary services are designed to help foster care alumni move toward stability and self-sufficiency in six key areas: education, employment, housing, health, life skills and relationships. Participants meet at least twice a month with a Self-Sufficiency Advocate (SSA), who partners with youth to help them address barriers and develop skills to achieve their individual goals. In addition, needs-based financial support up to \$574 per month is available to youth who qualify for the Preparation for Adult Living (PAL) program.

Aftercare Services should be contacted several months prior to a young person's planned exit from the foster care system. Aftercare SSAs are available to attend Family Team Decision-Making meetings, Dream Teams, or other events related to a young person's transition from care. Involvement prior to discharge helps SSAs build a relationship with eligible youth and facilitates a connection to Aftercare services. Prior to leaving foster care or any time after aging out, call 800-443-8336 to be referred to an IASN provider.

For more information call the Youth Policy Institute of Iowa at 515-727-4220 or visit us at www.iowaaftercare.org

FOSTERING HEARTS

WELCOMING YOUR FOSTER CHILD



The first impression you create with your foster child is often vitally important to how the next few days and weeks will transpire. This will probably not be the sweet little child who rushes into your waiting arms, laughing delightfully, as you might imagine. It is highly likely that your foster child will be scared and frightened, full of anxiety. He may have left his family moments ago, and is now told that you are his family, for the time being. Without a doubt, he is full of questions, as emotions swirl within him. Although it is impossible to predict how he will react when he first meets you, it is important that you approach this time with caution and care.

When the caseworker pulls into your driveway, go out to the car and welcome the caseworker and child, introducing yourself immediately, with a warm smile and soft voice. Inform your foster child who you are and the role you will now play in his life. He may very well not understand the foster care system, or what foster parents do. Do not insist that your new child call you mom or dad. Allow your foster child to call you by your first names, if you feel comfortable with this, or by whatever name he feels comfortable in calling you. As the child may be scared, do not insist that he react to you right away. This is a time of extreme difficulty, and your foster child may be in a state of shock. As you help him inside with his possessions, take him by the hand, if he is a little one, or place a soft hand upon his shoulder, if he is a teenager. Actions like these can be reassuring that all will be okay, that he is in a safe and caring home. Do not insist upon hugging, as he may be too embarrassed or hurt to do so.

Show him where he will sleep, and where his clothes will be kept. Have a nightlight already on in the room, if the room is dark. Ask if he is hungry, and offer him some food. If he doesn't want any food, do not insist upon it. He will eat when he is ready and hungry.

You will have to sign some paperwork with your caseworker, as well as go over any last minute news, details, and information. If possible, do this away from the child, as this can be especially embarrassing and damaging to the child. This is a good time for your foster child to eat, or be alone in his new room. If you have children of your own, it may also be a good time for them to engage in some sort of play with their new foster sibling. Your foster child will likely be overwhelmed with the situation, so it is important that you make sure your home is as peaceful and quiet as possible. Allow your foster child to have some personal space and alone time. If it is late at night, do not insist that he go to bed immediately. After all, he is probably not only needing some time to reflect on the day's events, sleep may be difficult to come by, as he is in a strange bed, in a strange home. Sadly, it is not uncommon for newly placed foster children to cry themselves to sleep during the first few nights. Do not be surprised if this happens. He may be scared and lonely. Let him know that you understand how difficult it is for him, and that his tears are normal and all right. Read to him a bedtime story each night; place a nightlight not only in his room, but in the nearby bathroom, as well. Let him know that he can get up in the night and use the bathroom whenever he needs to.

About the author: Dr. John DeGarmo has been a foster parent for 11 years, he and his wife have had over 30 children come through their home. Dr. DeGarmo wrote his dissertation on fostering, entitled Responding to the Needs of Foster Children in Rural Schools. He is a speaker and trainer on many topics about the foster care system, and travels around the nation delivering passionate, dynamic, energetic, and informative presentations. Dr. DeGarmo is the author of the highly inspirational and bestselling book Fostering Love: One Foster Parent's Story. He also writes for a number of publications and newsletters, in the United States, and overseas. Dr. DeGarmo can be contacted at drjohndegarmo@gmail, through his Facebook page, Dr. John DeGarmo, or at his website, www.drejohndegarmo.com.

FREE IFAPA PUBLICATION

Resource Parents Partnering with Birth Parents to Benefit Children

Why did you become a resource parent? Most people would answer this question by saying they want to help children and families, or they want to make a difference in a child's life. One way you can have a big impact on a child's life is by working with the birth parents to rebuild the family.

The role of resource parents includes an expectation to partner with the birth parents of the foster children in their homes. This partnership facilitates and supports reunification or another permanency plan. There are enormous benefits for children and families when resource families and birth families work together. This IFAPA publication will help resource parents gain a better understanding of the importance of positive connections with birth parents and ways resource parents can contribute to the success of these partnerships.

To request a free copy of this booklet, please e-mail Crystal Thomason at cthomason@ifapa.org or call 800-277-8145 ext. 5.



IFAPA TRAINING SCHEDULE

Date & Time	Name of Training	Credit	Location
Feb. 2, 2013 8am-12:15pm	CPR and First Aid - <i>Cost is \$40 per person</i>	4 hours	Ankeny To be announced
Feb. 2, 2013 9am-12:15pm	Six Principles of the Individuals with Disabilities Education Act (IDEA)	3 hours	Davenport Clarion Hotel
Feb. 2, 2013 1:30pm-4:45pm	An IEP on IEPs: Parents as Partners in Process and Product	3 hours	Davenport Clarion Hotel
Feb. 2, 2013 9am-4:30pm	Supporting Healthy Attachment Across the Developmental Spectrum	6 hours	Iowa City Clarion Hotel
Feb. 9, 2013 9am-12:15pm	Communicating with Your Child Through Play	3 hours	Ankeny IFAPA Training Center
Feb. 9, 2013 1:30pm-4:45pm	Sibling Groups: Conquer or be Conquered	3 hours	Ankeny IFAPA Training Center
Feb. 9, 2013 9am-4:30pm	“Don’t Worry About It!!” Anxiety, Panic and OCD*	6 hours	Cedar Falls Clarion Hotel
Feb. 9, 2013 9am-4:30pm	Solving the Puzzle: Autism Spectrum Disorder*	6 hours	Council Bluffs IWCC
Feb. 9, 2013 1:15pm-5:30pm	CPR & First Aid - <i>Cost is \$40 per person</i>	4 hours	Sioux City To be announced
Feb. 9, 2013 1:15pm-5:30pm	CPR & First Aid - <i>Cost is \$40 per person</i>	4 hours	Washington To be announced
Feb. 16, 2013 9am-4:30pm	Movin’ on Out...Preparing Teens for Life on Their Own	6 hours	Cedar Rapids Best Western LB
Feb. 16, 2013 1:30pm-4:45pm	Mandatory Child Abuse Reporter Training	3 hours	Council Bluffs IWCC
Feb. 23, 2013 1:15pm-5:30pm	CPR & First Aid - <i>To avoid late fees, make payment by Fri., Feb. 8th</i>	4 hours	Bettendorf To be announced
Mar. 1, 2013 8:30am-4:30pm	IFAPA Spring Conference*	6 hours	Altoona Adventureland Inn
Mar. 2, 2013 8:30am-4:30pm	IFAPA Spring Conference*	6 hours	Altoona Adventureland Inn
Mar. 16, 2013 9am-4:30pm	“Generations Next”: Surviving and Parenting the Teen Toxic Culture*	6 hours	Ankeny IFAPA Training Center
Mar. 16, 2013 1:30pm-4:45pm	Boundary Identification & Positive Conflict Resolution*	3 hours	Cedar Rapids Best Western LB
Mar. 16, 2013 1:30pm-4:45pm	Planning for the Unpredictable: Preparing Your Family for Natural Disasters	3 hours	Fort Dodge Iowa Central College
Mar. 16, 2013 9am-4:30pm	Mood Disorders in Children and Teens*	6 hours	Sioux City NW AEA
Mar. 23, 2013 9am-4:30pm	Beyond Parenting 101	6 hours	Ames Country Inn & Suites
Mar. 23, 2013 1:30pm-4:45pm	Communicating with Your Child Through Play	3 hours	Davenport Clarion Hotel
Mar. 23, 2013 1:30pm-4:45pm	Mandatory Child Abuse Reporter Training	3 hours	Independence Falcon Civic Center
Mar. 23, 2013 9am-4:30pm	“Where’s the Map?” - Helping Your Child/Teen Navigate the Social World*	6 hours	Iowa City Clarion Hotel
Apr. 6, 2013 9am-4:30pm	Solving the Puzzle: Autism Spectrum Disorder*	6 hours	Ankeny IFAPA Training Center

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.

From Fear to Love: Beyond Consequences II

This course, taught by Kim Combes, provides new and highly effective techniques for parents dealing with behavioral challenges with their children. Taken from the works of Drs. Bryan Post and Bruce Perry, this presentation speaks to parents about the challenges they face when dealing with behaviors that are often present for foster/ adopted children. Kim will help parents understand more fully the impact of early life trauma and the impact of interruptions in the attachment process and his clear-cut approach will help create peace and healing for families who once operated in fear and chaos.

“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.

Mood Disorders in Children & Teens

This training will focus on the description of various mood disorders in children and teens such as dysthymia, major depression, atypical depression, and bipolar disorder and how they differ from normal sadness, irritability, and moodiness. We will also talk about best practices for assessment and treatment of mood disorders in childhood and adolescence, as well as the advantages and disadvantages of diagnosis and various treatment methods.

Date & Time	Name of Training	Credit	Location
Apr. 6, 2013 1:30pm-4:45pm	Mandatory Child Abuse Reporter Training	3 hours	Bettendorf Home Ridge Hotel
Apr. 6, 2013 9am-12:15pm	Six Principles of the Individuals with Disabilities Education Act (IDEA)	3 hours	Marshalltown IA Valley Cont. Ed.
Apr., 6, 2013 1:30pm-4:45pm	An IEP on IEPs: Parents as Partners in Process and Product	3 hours	Marshalltown IA Valley Cont. Ed.
Apr. 6, 2013 9am-4:30pm	Dare to Care About Skin & Hair (For Caregivers of Children of Color)	6 hours	Sioux City NW AEA
Apr., 13, 2013 9am-4:30pm	Movin' on Out...Preparing Teens for Life on Their Own	6 hours	Cedar Falls Clarion Hotel
Apr., 13, 2013 9am-4:30pm	Mood Disorders in Children and Teens*	6 hours	Cedar Rapids Four Oaks Bridge
Apr., 13, 2013 1:15pm-5:30pm	CPR & First Aid	4 hours	Council Bluffs To be announced
Apr., 13, 2013 9am-4:30pm	From Fear to Love: Beyond Consequences II*	6 hours	Dubuque Keystone AEA
Apr., 20, 2013 9am-4:30pm	Supporting Healthy Attachment Across the Developmental Spectrum	6 hours	Ames Country Inn & Suites
Apr., 20, 2013 9am-4:30pm	From Fear to Love: Beyond Consequences II*	6 hours	Ottumwa Great Prairie AEA
Apr., 20, 2013 9am-12:15pm	I'm Pulling My Hair Out!!! Navigating the World of Workers	3 hours	Sioux City NW AEA
Apr., 20, 2013 9am-12:15pm	Snakes, Snails and Puppy Dog Tails... Raising Boys	3 hours	Spencer ILCC
Apr., 20, 2013 1:30pm-4:45pm	Sugar, Spice & Everything Nice...Raising Girls	3 hours	Spencer ILCC
Apr., 20, 2013 1:15pm-5:30pm	CPR & First Aid	4 hours	Waterloo To be announced
May 4, 2013 1:15pm-5:30pm	CPR & First Aid	4 hours	Ames To be announced
May 4, 2013 1:15pm-5:30pm	CPR & First Aid	4 hours	Cedar Rapids To be announced
May 4, 2013 9am-4:30pm	"Don't Worry About It!!" Anxiety, Panic and OCD*	6 hours	Davenport Clarion Hotel
May 4, 2013 9am-4:30pm	Promoting Healthy Growth & Development of Gay, Lesbian, Bisexual, Transgender & Questioning Youth in Care*	6 hours	Sioux City Briar Cliff University
May 4, 2013 9am-4:30pm	"Generations Next": Surviving & Parenting the Teen Toxic Culture*	6 hours	Waterloo Hawkeye College
May 11, 2013 1:30pm-4:45pm	Mandatory Child Abuse Reporter Training	3 hours	Ankeny IFAPA Training Center
May 11, 2013 9am-4:30pm	Supporting Healthy Attachment Across the Developmental Spectrum	6 hours	Burlington Great Prairie AEA
May 11, 2013 9am-4:30pm	"Where's the Map?" - Helping Your Child/Teen Navigate the Social World*	6 hours	Council Bluffs IWCC
May 11, 2013 9am-4:30pm	Preventative Practices II: Updated Strategies for Minmizing the Risk of Child Abuse Allegations in Your Home	6 hours	Mason City NIACC
May 18, 2013 9am-4:30pm	Teen Anger: How to Regulate Your Home Atmosphere*	6 hours	Ankeny IFAPA Training Center
May 18, 2013 1:30pm-4:45pm	Mandatory Child Abuse Reporter Training	3 hours	Cedar Rapids Best Western LB

FIND ALL TRAINING DESCRIPTIONS ONLINE AT WWW.IFAPA.ORG

CLASS DESCRIPTIONS

Solving the Puzzle: Autism Spectrum Disorders

This workshop will provide foster parents with information about Autism Spectrum Disorders, how they are diagnosed and what treatment options are available. Foster parents will also learn about how children with autism learn and process information, how their behavior might be misunderstood by peers, adults, and professionals, and will learn about ways to promote success at home, school, and in the community. Finally, specific methods for handling anxiety, anger, and overstimulation will be discussed and practiced in this workshop.

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.

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



Non-Profit Org
U.S. Postage Paid
Des Moines, IA
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

look inside to view
**IFAPA's
Training
Schedule**
February-May 2013

5K Run - Walk

Saturday, April 27, 2013 - 10am

West Des Moines - Raccoon River Park

	Individual Runner/Walker	Team Runner/Walker
Early Registration	\$20	\$15
Registration after 3/1/13	\$25	\$20
Registration after 4/1/13	\$30	\$25

- Cash Prize of \$250 for the top male and female runner.
- Registration is for ages 11 and older and includes lunch and a t-shirt.
- Register solo or as Team (4 or more people)
- Children 10 and under are FREE.

To register visit: <https://ifapa.ejoinme.org/2013StrideForKids>

Questions call Stephanie at IFAPA : 800-277-8145 ext 1 or email smiles@ifapa.org

