

Special points of interest:

- Connect with Support Groups & Trainings
- Five Healthy Snacks for Kids on the Go
- Confidentiality Issues to Consider as the New School Year Takes Off
- Teamwork with Parents and Teachers

September 2013

Connect with Support Groups & Trainings

In Mills County

Topic: Taking Care of Ourselves (A licensed massage therapist will be giving us MASSAGES!)

Where: The Gathering Place, 110 S. Vine St., Glenwood, IA

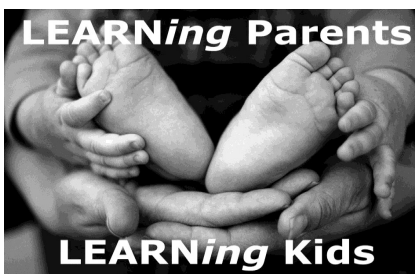
When: Sept 16th 6:30-8:30 p.m. ~2 training hrs.

In Essex Iowa

Topic: IEP on IEP's by Susan Gill from Ask Resources

Where: Essex Community Building, (The Fire Station)

When: Sept 19, 6:30-8:30 p.m. ~ 2 training hrs.



**IFAPA TRAINING
SEE BELOW**

If you refer to IFAPA website, there will be detailed information for the Saturday Trainings in Council Bluffs. The dates of trainings are

Sept 7- Mandatory Child Abuse Training-3 CEU's

Sept 14— Supporting Healthy Attachment Across the Development Spectrum - 6 CEU's

Register: @ ifapa.org for further information.

In Harrison County

Topic: How to deal with a Bullies

Where: Followers of Christ Church, 77 5th St, Woodbine, Iowa

When: Oct 17, 6:30-8:30 p.m.~ 2 training hrs.

In Pottawattamie County

Topic: To be announced

Where: Church of Christ 1525 McPherson Ave, Co. Bluffs Iowa

When: Oct 24th, 6:30-8:30 p.m.~2 training hrs

Five Healthy Snacks for Kids on the Go

1. String Cheese and Nuts - A protein snack like this with some naturally sweetened nuts (like honey cashews), then the salty cheese will make this snack a winner.

2. Homemade Snack Mix - Mix Cheerios, cheddar snack crackers and raisins, then add in a few almonds or cashews and you've got a really energizing snack.

3. Green Smoothies A HUGE tummy filler and energy boost. A simple combo for a green smoothies is: frozen mixed berries, spinach, apple juice, flax seeds, coconut milk, spinach and a dash of raw honey. You can make a million different variations by Googling it. These are actually sweet and kids love them.

4. Grapes and Mandarin Oranges - It's so easy to throw into a few grapes and

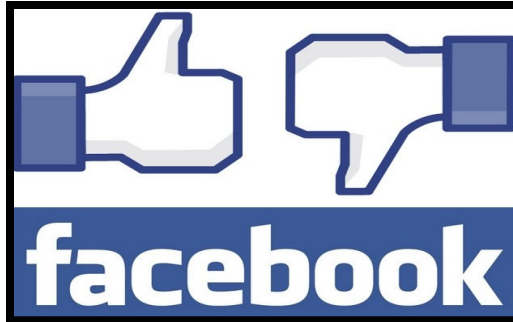
some mandarin oranges in a small plastic container, then grab a few forks, and go.

5. Dehydrated Veggie Chips - If you have a picky child, try this. Slice cucumbers super thin and sprinkled with sea salt and dehydrate overnight or bake in an oven. Throw into little baggies and it's like bringing chips without the oil.

Confidentiality Issues to Consider as the New School Year Takes Off

As foster parents, we often face times when confidentiality is an issue.

We need to remember that the best practice is to **refrain** from identifying that we are foster parents or identifying our foster children in any situation. This would include Facebook, church, at school, or any situation where it's questionable.



to you as their foster family or parent, then that is their choice and that is when it would be completely fine.

Please be respectful to the children in our homes

The children have the right to their privacy and we are to honor this for them and their families.

If your foster child refers

For further information please, refer to ifapa.org. IFAPA has a publication booklet you can view on line, or they will send you one if you are interested.

Communication Key to Parent/Teacher Teamwork

Talking to your child's teacher can be overwhelming, but it doesn't have to be. You want to show respect for the teacher as a professional while being the best possible advocate for your child.

Sometimes you need to stand up to the teacher, but you have to approach the situation in a way that's non-threatening and productive.

Regular Communication

A lot of conflict can be avoided if you understand how the teacher is planning to communicate with you throughout the year. There's nothing worse than attending the parent-teacher conference and

hearing how your child has been struggling all along. So making an initiative to have a conversation to see where the teacher stands on communication is to her benefit as well as yours.

If you know that your child is going to have a hard day, give that teacher a heads up, a good teacher will want to know this.

Teachers also love to hear when a child is excited about a subject, and it may help the teacher to be more receptive to hearing about difficulties in another area.

Common Courtesy

Teacher's are professionals. They are there to

teach your child what they need to know to be able to move on to the next grade.

When you are frustrated, make sure to communicate your thoughts to the teacher first. Don't go above their head unless you have already tried to resolve the issue with the teacher.

Strive to be clear and unemotional in the situation. Listen. If you're working together on solving a problem, make sure you repeat back to the teacher what you understand to be the outcome and next steps.

Following these tips will help your school year go more smoothly!

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