

None of the support group trainings have been repeated since the new licensing rules went into effect Oct. 2009. Even though the Roundtable happens yearly-it is approved as a new training each year.

Our kickoff for support group trainings will be Tuesday, September 20th In the Liberty Room at the Mohawk Square. (DHS Building 22 N. Georgia, Mason City)

"This is a great meeting to attend for any new changes, updates, and Q & A for our DHS, IKN, IFAPA staff. "

6:30 is social time with food supplied by Coffee Cat. The Roundtable discussion (training) will be 7:00 – 9:00 PM.

****Door Prizes****

My Happy Pack

Children enter foster care for many reasons. Frequently a child can not safely return home for several months. A lot can happen in the life of a 2-year-old, a 7-year-old or even an 11-year-old in a few days' time. A two-year-old may begin putting a few words together to form sentences. A seven-year-old may get a good-behavior note from his or her teacher. An eleven-year-old could write a poem or journal entry he or she is especially proud of. Imagine being the biological parents and missing out on so many of these things.

At the same time, you as the foster parent may be busy and won't necessarily remember, between visits, what special little everyday kinds of things have happened with the child. My Happy Pack is a plan to help the child share with their biological parents those special things that have happened since their last family interaction.

To help make family interactions more meaningful, a foster parent can provide My Happy Pack to the child to transport the things they want to show their biological parents. My Happy Pack would be a backpack or bag for a child to use only for family interactions with their biological parents. Between family interactions the child can be encouraged to put things into My Happy Pack that he or she is excited to share with their biological parents. Here are some examples of items that might be included:

- A favorite book
- Something cute or funny that the child said that you have wrote on a piece of paper
- New words the child is saying, if it's a younger child
- A picture the child drew or colored
- A note from the child's teacher or an assignment the child is proud of
- A snapshot of the child doing a favorite activity
- A letter the child has written to their biological parents

Whenever something comes up that the child may want to share with his or her biological parents, encourage him/her to put it into their My Happy Pack. This gives biological parents a place to start their interactions; it lets them know what their child has been doing since the last family interaction, and allows the biological parent an opportunity to feel more involved in their child's life. And the child will be very proud and excited to share their My Happy Pack!

A key in partnering with biological parents is communication. You as the foster parent can also include notes to the biological parents, share stories, or provide information about how the child is doing in your home. A Happy Pack is a gift you can give a child that will have a lasting impact on their lives!

IFAPA encourages foster parents to purchase backpacks or bags and begin the My Happy Pack with the children in their home.

NCIFAPA trainings:

Sept. 20, 2011

7:00 - 9:00pm doors open at 6:30 **TOPIC - DHS/IKN/IFAPA Roundtable 2011**
2 hours credit **Mason City**

Oct. 18, 2011

6:00 - 9:00pm doors open at 5:30 **TOPIC - Understanding & Responding to Sexual Behaviors - Trainer: Nancy Magnall**
3 hours credit **Mason City**

Nov. 15, 2011

7:00 - 9:00pm doors open at 6:30 **TOPIC -Laughter Yoga, Presented by Dianne Larsen, LBSW**
2 hours credit **Mason City**

Jan. 17, 2012

7:00 - 9:00pm doors open at 6:30 **TOPIC - January-Bridget Christianson from North Iowa Therapy**
2 hours credit **Mason City**

Feb. 21, 2012

7:00 - 9:00pm doors open at 6:30 **TOPIC - Feb.- Pam Stemmerman "Roles of Service: FSRP, Remedial, and Care Coordinator". 2 hours credit Mason City**

Mar. 20, 2012

7:00 - 9:00pm doors open at 6:30 **TOPIC - The Role of the Court Appointed Special Advocate - CASA Volunteer, Presenter: Susan McKiness**
2 hours credit **Mason City**

Apr. 17, 2012

7:00 - 9:00pm doors open at 6:30 **TOPIC - Minority Skin & Hair Care**
2 hours credit
childcare is offered **Mason City**

May 15, 2012

7:00 - 9:00pm doors open at 6:30 **TOPIC - to be announced**
2 hours credit **Mason City**

All trainings listed above are located at:

DHS Office

Liberty Room

22 N Georgia **North Central Iowa Foster/Adoptive Parents Assoc.**

[Christie McGuire](#) (Pier Liaison)

800-720-9850 A.C. 62

Northern Service Area #2 (Fort Dodge, Mason City, & Waterloo Areas)

<p>Sept. 10, 2011 9am- 12:15pm</p>	<p>Caring for Children with HIV</p>	<p>Fort Dodge 3 IA Central College hours 1 Triton, Career Ed Bldg, Room 109</p>
<p>Sept. 10, 2011 1:30pm- 4:45pm</p>	<p>Special Education Basics</p>	<p>Fort Dodge 3 IA Central College hours 1 Triton, Career Ed Bldg, Room 109</p>
<p>Sept. 17, 2011 9am- 4:30pm</p>	<p>Preventative Practices II - Updated Strategies for Minimizing the Risk of Child Abuse Allegations in Your Home</p>	<p>New Hampton 6 Super 8 hours 825 S Linn Ave</p>
<p>Sept. 24, 2011 9am- 4:30pm</p>	<p>Responding to Cultural Differences - What's a Parent to Do?* NEW CLASS!</p>	<p>Waterloo 6 Hawkeye College hours 1501 E Orange Rd Tama Hall, Room 108</p>
<p>Sept. 24, 2011 12pm- 4:15pm</p>	<p>CPR & First Aid -- Cost \$25 per person To sign up, mail in reg. form/payment</p>	<p>Mason City 4 NIACC hours Pappajohn Ctr, Rm 117</p>
<p>Oct. 8, 2011 9am- 4:30pm</p>	<p>Beyond Consequences: A Love Based Approach to Helping Children with Severe Behaviors</p>	<p>Waterloo 6 Hawkeye College hours 1501 E Orange Rd Tama Hall, Rm 108</p>
<p>Oct. 15, 2011 8am- 12:15pm</p>	<p>CPR & First Aid -- Cost \$25 per person To sign up, mail in reg. form/payment</p>	<p>Cedar Falls 4 hours to be announced</p>
<p>Oct. 15, 2011 1:15pm- 5:30pm</p>	<p>CPR & First Aid -- Cost \$25 per person To sign up, mail in reg. form/payment</p>	<p>Cedar Falls 4 hours to be announced</p>

Oct. 15, 2011	Mandatory Child Abuse Reporter Training	Cedar Falls
9am- 12:15pm		3 Country Inn & hours Suites 2910 S Main St
Oct. 15, 2011	Mandatory Child Abuse Reporter Training	Cedar Falls
1:15pm- 4:30pm		3 Country Inn & hours Suites 2910 S Main St
Nov. 12, 2011	Snakes, Snails & Puppy Dog Tails... (I'll Take the Snakes!): Raising Boys NEW CLASS!	Waterloo
9am- 12:15pm		3 Hawkeye College hours Tama Hall, Room 108
Nov. 12, 2011	Sugar, Spice & Everything Nice... (Ya, Right!): Raising Girls NEW CLASS!	Waterloo
1:30pm- 4:45pm		3 Hawkeye College hours Tama Hall, Room 108
Dec. 3, 2011	Dangerous Playgrounds - Drug Awareness and Trends	Mason City
9am- 4:30pm		6 NIACC hours 500 College Dr Activity Ctr, Rm AC101

To register for a training: Call IFAPA at 800-277-8145 ext. 1

IFAPA Spring Conference

Friday, March 2nd & Saturday, March 3rd, 2012 - Altoona, IA

IFAPA will be hosting our 2012 Spring Conference on Friday, March 2nd and Saturday, March 3rd in Altoona at the Adventureland Inn Resort. Conference workshop details will be available on our website in December 2011.
more details will be posted at a later date

IFAPA's Stride for Foster Care Walk Fundraiser

Saturday, May 5th, 2012 - West Des Moines, IA

IFAPA will be hosting our 2012 Stride for Foster Care Walk on Saturday, May 5th at the Raccoon River Park in West Des Moines, IA.
more details will be posted at a later date