



CONNECTING, SUPPORTING, AND STRENGTHENING FOSTER FAMILIES

BREMER, BUTLER, FRANKLIN, AND GRUNDY COUNTIES

Allison Area Foster Parents

“Trust-Based Parenting” January 17, 2012

Happy New Year! We hope you all had a fun and relaxing holiday break from your normal routines. We'll kick off the new year with our January support group meeting on Tuesday, January 17, from 7-9 p.m. at the Vineyard Community Church, 319 West Bremer Avenue in Waverly.

Our training this month will be the first half of a two-part series from the Texas Christian University Institute of Child Development on *Trust-Based Parenting: Creating Lasting Changes in Your Child's Behavior*. The training is designed for parents of children who have experienced trauma. We will conclude with the second portion of the training at our March meeting. While it would be most beneficial to attend both sessions of the training, it's not required.

Part One of the training will cover *Understanding Your Child's Behavior; The Building Blocks for*

the Foundation for Change; and Building a Trusting Relationship.

At our March meeting we will have Part Two of the training which will cover *Scripting New Behavior; Rethinking Discipline; Levels of Response; and Recognizing and Celebrating Changes in your Child*. If you are parenting children who have experienced the trauma of abuse, neglect, or abandonment, this training can help you develop

practical skills and strategies to build a stronger parent-child connection, leading to better behavior.

At 6:30 we will have a light supper of hot dogs, maidrites, chips, carrots and dip plus cookies and drinks for anyone who wants to come and eat prior to the meeting. An RSVP for the meal would be helpful (contact info on next page).

Child care will be available during the meeting for infants to 12-year-olds, and teens are welcome to attend our teen group facilitated by foster/adoptive parent and therapist Kate Haberman-Foelske.



Attention Adoptive Parents

DHS contracts with Iowa KidsNet to provide post-adoption services and support to families with subsidized adoptions. Amanda Reynolds is the Post Adoption Support Specialist assigned to Bremer, Butler, and Grundy Counties. Some of you had the opportunity to meet Amanda at our holiday party last month. In an attempt to connect with additional adoptive families in our area, Amanda will be available to meet with anyone interested prior to our January meeting. She will be at the church by 6:15 that evening to meet with adoptive parents and talk about the support she can provide. If you want to contact Amanda to talk about post-adoption support, you can reach her by phone at 563-564-7746 or by email at Amanda.Reynolds@lsiowa.org.

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ODDS AND ENDS

We were saddened to learn of the recent death of foster and adoptive parent Lloyd Foust. Lloyd and Karla have been active and valued members of our support group for the past several years. Just last month they hosted our holiday party at their home church, Fredsville Lutheran. They have also been responsible for their church making significant monetary donations to our group each year for the past three years to assist with our activities. We offer our sincere sympathy to Karla and their children. We will certainly miss seeing Lloyd at our meetings and activities.

*Under the revised foster home licensing rules, foster parents still have 12 months to complete the required six hours of training. However, the training year **begins and ends two months prior to your licensing date.** Please make sure you are completing your training hours by the deadline.*

We are planning a special "Be Our Valentine" event for the evening of Tuesday, February 21. There will be pizza and age-appropriate movies for the kids and a special Valentine's dinner for the adults. Save the date and watch for a flyer with complete details coming soon.

Although we haven't yet experienced much winter weather, there is always the chance that we might need to cancel a meeting due to inclement weather. We will try to make a decision to cancel a meeting by 4 p.m. the day of the meeting. If the Waverly-Shell Rock Schools are cancelled or dismiss early because of weather, we will automatically cancel our meeting. If we decide to cancel, we will send an email to everyone on our email list and will put a message on Nancy's answering machine at 877-467-4100. Please check before you head to the meeting.

For licensing or relicensing questions, families in Bremer, Butler, and Franklin counties can contact DHS licensing worker Amanda Nash who works out of the Mason City DHS office. If you need to reach Amanda, you can call her at 641-421-1219 or email anash@dhs.state.ia.us. Families in Grundy County can call Joni Duffy who works out of the Ft. Dodge DHS office. You can reach Joni at 515-573-1684 or jduffy@dhs.state.ia.us.

Do not forget small kindnesses and do not remember small faults.

Chinese Proverb

The activities of our group are funded in large part by generous grants and donations from the Waverly-Shell Rock United Way, the Butler, and Grundy County Community Foundations, the Waverly Community Fund, the Waverly Exchange Club, and the Fredsville Lutheran Church. We thank all of these groups for their support.

We will be training our third group of certified respite providers in February and are excited to be able to continue to offer this special program to the families in this area. If you have not yet used the program and are interested in learning more, contact Nancy at the phone number below.

We have a variety of items available in our lending closet including car seats of various sizes, high chairs, baby swings, Bumbo chair, cribs, etc. For a complete list of items available to loan for use with foster placements, check our website at www.freewebs.com/allisonareafosterparents. These items are available for any of our member families to access, so please take advantage of them. A complete list of the resources available in our lending library is also available on our website. The library is kept at the Vineyard Community Church in Waverly and you can check out items at any meeting.

The IFAPA Spring training schedule is set and has been mailed to all foster and adoptive families. It is also available on the IFAPA website at www.ifapa.org. There are several excellent trainings scheduled for this area in the coming months so make sure you take advantage of them. Register early to reserve your spot. All trainings except CPR and First Aid are provided free of charge.

Upcoming Meetings and Events

January 17: Regular Meeting 7-9 p.m.
Training on *Trust-Based Parenting—Part One*

February 16: IFAPA Legislative Breakfast
7-9 a.m. at State Capitol in Des Moines

February 21: *Be Our Valentine* Family Event

March 2-3: IFAPA State Conference
Adventureland Inn in Des Moines

March 20: Regular Meeting 7-9 p.m.
Training on *Trust Based Parenting—Part Two*

April: Family Event
Date and Location to be Announced

May 15: Regular Meeting 7-9 p.m.
Training on *Keeping Kids Safe in Cyberspace* presented by
Mike Ferjak with the Iowa Dept. of Justice and DCI Cyber Crime Unit

Other Area Support Group Meetings

We are fortunate to have several excellent foster/adoptive support groups in this area. Families are welcome to attend whichever group best meets their needs and works best with their family schedule. Other January meetings in this area include:

Black Hawk County Foster Parent Group

Tuesday, January 10

7-9 p.m. (social time at 6:30)

Grace Lutheran Church, 1024 W. 8th Street in Waterloo

Training on *CPR (\$15 cost; RSVP required)*

Call Dianna Seedorff to RSVP at 888-622-4521

Independence Area Foster Parent Group

Thursday, January 12

7-9 p.m.

United Methodist Church, 313 2nd St. SE in Independence

Training on *Dangerous Playgrounds* with Mike McGuire

Call Dave Brace for more information at 866-547-1753

Mason City Area Foster Parent Group

Tuesday, January 17

Doors open at 6:30; Speaker from 7-9 p.m.

DHS Liberty Room, 22 North Georgia Street in Mason City

Training on *Fostering Attachment in a Disordered World*

Call Christie McGuire for more information at 800-720-9850 Code 62