

# NEWS FROM YOUR PEER LIAISON



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**I UNDERSTAND...  
I AM A FOSTER PARENT TOO**

IFAPA recognizes that foster parents often need the perspective of peers during the foster parenting and adoption experience.

I can provide support and assist you with questions regarding:

- Licensing requirements
- Training needs
- Respite care
- Behavior challenges
- Working with birth families
- Confidentiality issues



www.ifapa.org



Starting the new school year can be a time of great excitement...and anxiety. Help calm your child's fears (and your own) with these teacher-approved tips.

**Meet the new teacher.**

For kids, one of the biggest back-to-school fears is "Will I like my new teacher?" Breaking the ice early on is one of the best ways to calm everyone's fears. Take advantage of your school's open house or back-to-school night. If personal contact with the teacher isn't possible, try locating the teacher's picture on a school website or in a yearbook, so your child can put a name with a face.

**Tour the school.**

If your school hosts an open house, be sure to go. Familiarizing your child with her environment will help her avoid a nervous stomach on the first day. Together you can meet her teacher, find her desk, or explore the playground. With an older child, you might ask him to give you a tour of the school. This will help refresh his memory and yours.

**Connect with friends.**

A familiar friend can make all the difference when heading back to school. You might try calling parents from last year's class and finding out which children are in your child's class this year. Refresh these relationships before school starts by scheduling a play date or a school carpool.

**Tool up.**

Obtain the class supply list and take a special shopping trip with your child. Having the right tools will help him feel prepared. While keeping basic needs in mind, allow for a couple of splurges like a cool notebook or a favorite-colored pen. These simple pleasures make going back to school a lot more fun. Get your child excited about upcoming projects by explaining how new supplies might be used. Let him practice using supplies that he's not used before — such as colored pencils or a protractor — so he will be comfortable using them in class.

**Fuel your children.**

Ensure sufficient rest with regular, early bedtimes. Also schedule time for a healthy breakfast. A healthy breakfast increases children's attentiveness and helps them do well in school. Proper rest and healthy meals are very important for the overall development of your kids.

**Chat about today's events and tomorrow's plans.**

While it is important to support learning throughout the summer, don't spend the last weeks of summer vacation reviewing last year's curriculum. All kids need some down time before the rigors of school begin. For some kids, last-minute drills can heighten anxiety, reminding them of what they've forgotten instead of what they remember.

**Ease into the routine.**

Switching from a summer to a school schedule can be stressful to everyone in the household. Avoid first-day-of-school mayhem by practicing your routine a few days in advance. Set the alarm clock, go through your morning rituals, and get in the car or to the bus stop on time. Routines help children feel comfortable.

Resource: pbs.org

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## TRAINING \* TRAINING \* TRAINING

|  |  |            |  |
|--|--|------------|--|
| <b>Thursday,<br/>Sept. 3, 2015</b><br>6:30pm-8:30pm  | <a href="#">It's Not About You: Re-Packing the Suitcase</a>  | 2<br>hours | <b>Griswold</b><br>Central Church of Christ                      |
| <b>Saturday,<br/>Sept. 12, 2015</b><br>1:30pm-4:45pm | <a href="#">Hope for Healing: Trust Based Relational Intervention</a>  | 3<br>hours | <b>Council Bluffs</b><br>Holiday Inn Express<br>2211 S 32nd St   |
| <b>Saturday,<br/>Sept. 12, 2015</b><br>9am-12:15pm   | <a href="#">Mandatory Child Abuse Reporter Training</a>  | 3<br>hours | <b>Sioux City</b><br>Stoney Creek Inn<br>300 3rd St, Nebraska Rm |
| <b>Saturday,<br/>Sept. 12, 2015</b><br>1:15pm-5:30pm | CPR & First Aid<br>For registration options, <a href="#">click here</a> .<br>To avoid late fees pay by Aug. 28 | 4<br>hours | <b>Sioux City</b><br>To be announced                             |
| <b>Thursday,<br/>Sept. 17, 2015</b><br>6pm-8pm       | <a href="#">It's Not About You: Invisible Suitcase</a>   | 2<br>hours | <b>Sheldon</b><br>Sanford Sheldon Medical<br>Center              |
| <b>Saturday,<br/>Sept. 19, 2015</b><br>1:30pm-4:45pm | <a href="#">When Old Parenting Strategies Don't Work! Help Us Please!</a>                                      | 3<br>hours | <b>Council Bluffs</b><br>Holiday Inn Express<br>2211 S 32nd St   |
| <b>Saturday,<br/>Sept. 19, 2015</b><br>9am-4:30pm    | <a href="#">Utilizing the NURTURED HEART APPROACH in Helping Children with Challenging Behaviors</a>           | 6<br>hours | <b>Sioux City</b><br>Stoney Creek Inn<br>300 3rd St, Nebraska Rm |
| <b>Sept. 24, 2015</b><br>6:30pm-8:30pm               | <a href="#">It's Not About You: Invisible Suitcase</a>   | 2<br>hours | <b>Essex</b><br>Community Center                                 |
| <b>Sept. 24, 2015</b><br>6pm-8pm                     | <a href="#">It's Not About You: Invisible Suitcase</a>   | 2<br>hours | <b>Spencer</b><br>Dream Center                                   |
| <b>Saturday,<br/>Sept. 26, 2015</b><br>9am-4:30pm    | <a href="#">Working with Birth Families</a>  | 6<br>hours | <b>Council Bluffs</b><br>Holiday Inn Express<br>2211 S 32nd St   |
| <b>Saturday,<br/>Sept. 26, 2015</b><br>9am-12:15pm   | <a href="#">How to Organize Time and Paperwork While Raising Kids with Special Needs</a>                       | 3<br>hours | <b>Sioux City</b><br>Stoney Creek Inn<br>300 3rd St, Nebraska Rm |
| <b>Saturday,<br/>Sept. 26, 2015</b><br>1:30pm-4:45pm | <a href="#">A Guide to Childhood Trauma in Kids with Special Needs</a>   | 3<br>hours | <b>Sioux City</b><br>Stoney Creek Inn<br>300 3rd St, Nebraska Rm |

## Join us in Waterloo for IFAPA's Fall Conference

Friday & Saturday, October 16 & 17, 2015

Five Sullivan Brothers Convention Center – Waterloo

It's a great opportunity to network with other foster and adoptive families and to attend some great training classes!

Registration is available at [www.ifapa.org](http://www.ifapa.org).



Drive safe. With school back in session, remember slow down and be alert to young pedestrian traffic, especially near school zones.

## DIY LOCKER ORGANIZERS FROM CEREAL BOXES



- \* Assorted cereal boxes
- \* Assorted decorative tape

**Step 1: Use empty cereal boxes, preferably the same size**

**Step 2: Remove flaps on top of boxes**

**Step 3: Decorate with tape as desired, stacking as many boxes as you wish**

**Step 4: Place in locker & enjoy!**

## 5 SUPPLIES FOR YOUR LOCKER

### Hoodie or Jacket

Keep warm in that too-cool classroom or cover up that lunchtime spill.

### Water and A Healthy Snack

Trail mix and a bottle of water keep you energized all day long.

### Deodorant or Body Spray

After running a mile in gym class, your favorite smell is a must-have.

### Clips, Hair Ties and Headbands

These quick fixes for a bad hair day will be right at your fingertips.

### Decorations

Your locker is your home-away-from-home so make it your own!