

# NEWS FROM YOUR PEER LIAISON



## VICKIE WELCH

IFAPA Peer Liaison

### How to Contact Me:

877-70-IFAPA

515-279-0060

[vwelch@ifapa.org](mailto:vwelch@ifapa.org)

Connect with me on Facebook. Email me to find out more.

## 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
- And much more!



[www.ifapa.org](http://www.ifapa.org)



Families, it is almost that time again! **IFAPA's Spring Conference** is right around the corner!

As always, this year's conference is JAM-PACKED with AWESOME trainings!

Please consider attending the conference to meet your foster-parent training requirements for the year OR just to get some GREAT information to use in your home AND connect with other families from your area!

Visit [www.ifapa.org](http://www.ifapa.org) for registration details and to view the conference brochure!

I will be attending on Saturday. Hope to see you there!

## ROLE-PLAYING NOT JUST FOR THE LITTLE ONES!

*In my work with teens, I frequently have opportunities to assist with teaching teenagers appropriate social skills. I want them to have plenty of practice dealing with different situations and personality types before they venture out into the real world! As with any other skill, the social stuff gets easier and easier with – you guessed it – practice, practice, practice!!!*

*You can use role-play with your teen for everything from saying no in peer-pressure situations, to settling a disagreement with a co-worker. You can help a teen learn to feel empathy by reverse role-playing so they have an opportunity to be in another player's shoes.*

*Mirroring is also an awesome tool, particularly when you suspect that your teen just doesn't "get" how he or she may be coming across to others. For example, if you tell your teen not to speak to you in that tone, he or she may not completely understand what you mean until you mirror their tone and they have the opportunity to see themselves from a different perspective.*

*Remember: don't assume that the teen in your home has had the social guidance and teaching that you would want him or her to have before tackling many challenging real-world situations!*

*What you will need for this activity: You, your teen, and your sense of humor! Enjoy!*

# NEWS FROM YOUR IFAPA PEER LIAISON

Many of you have been trusted with the care of someone else's infant, and that's a big responsibility! What constitutes a safe sleep environment for a baby has changed multiple times over the years, so here is a helpful AND CURRENT tip sheet to use. THANKS for doing all you do for Iowa's babies!

## Support-Group Spotlight

Do you have kids in your home who suffer from anxiety? Want to learn a little more about it?

OR...do you just need a couple of hours of adult conversation AND free child care AND one foster-parent credit?

Either way, we've got you covered! JOIN US at our next CONNECTIONS support group training from 6 to 8 p.m.

Tuesday, January 20, at DHS River Place, 2309 Euclid Ave., Des Moines.

There will be one hour of training, followed by one hour of support! Hope to see you there!

### What does a safe sleep environment look like?

Reduce the Risk of Sudden Infant Death Syndrome (SIDS) and Other Sleep-Related Causes of Infant Death



- Use a firm sleep surface, such as a mattress in a safety-approved\* crib, covered by a fitted sheet.
- Do not use pillows, blankets, sheepskins, or crib bumpers anywhere in your baby's sleep area.
- Keep soft objects, toys, and loose bedding out of your baby's sleep area.
- Do not smoke or let anyone smoke around your baby.
- Make sure nothing covers the baby's head.
- Always place your baby on his or her back to sleep, for naps and at night.
- Dress your baby in light sleep clothing, such as a one-piece sleeper, and do not use a blanket.
- Baby should not sleep in an adult bed, on a couch, or on a chair alone, with you, or with anyone else.

\*For more information on crib safety guidelines, contact the Consumer Product Safety Commission at 1-800-638-2772 or <http://www.cpsc.gov>.



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Nicotia, Institute of Health  
Eunice Kennedy Shriver National Institute of Child  
Health and Human Development



Tammy Nyden, Chair, **NAMI IOWA Children's Mental Health Committee**, has shared an invitation to join their online support group for caregivers of minor children who have mental illness or brain disorders. It is a closed Facebook group called **NAMI IOWA'S Casserole Club**, or NICC. CHECK IT OUT!