

APRIL 28, 2015



5 Kid-Friendly Yoga Poses To Help Your Child Avoid A Meltdown

By Mariam Gates

Maybe it's a refusal to put on a hat, maybe it's wanting to get out of the car, or not get out of the car — whatever the trigger (and it can be anything, can't it?) we all know the moment when our child is careening toward a full-on meltdown.

And at that point, the difficulty in processing whatever has happened has moved from a mental reaction to a physical one. The overwhelming feelings that the child is experiencing are now manifesting as physical sensations and stress. Therefore, addressing these physical reactions in the body with some yoga is a great place to start!

Here are [FIVE KID-FRIENDLY YOGA POSES](#) to utilize in those seemingly impossible moments.



By Deborah A Novo

I love my dog. She is an 11 year old, white Schnauzer who exudes such love. My husband and I had just returned from our usual, evening walk with Sadie. We were standing in the kitchen, laughing and drinking iced tea when a storm came upon us.

"Why don't you pick up your ***** cell phones, our 19 year old son screams as his hulking six foot frame charges through the door. I looked at him and did a quick assessment ruling out issues with breathing and bleeding. I calmly asked what was wrong.

"If you picked up your ***** cell phone you would know," he says. He continued with, "why do you even have a ***** cell phone if you are not going to answer when I call." In a firm voice, I ask, "are you having an emergency?" His answer does not match the magnitude of the uproar he is creating. "My car is making a weird noise again, and you are never there when I need you and you people abandoned me", he yells. [CONTINUE READING](#)

♥
**EACH DAY OF OUR LIVES WE
MAKE DEPOSITS IN THE MEMORY
BANKS OF OUR CHILDREN.**

- Charles R. Swindoll

IFAPA'S FALL CONFERENCE

Friday & Saturday, October 16 & 17, 2015
Waterloo, IA

[VIEW CONFERENCE FLYER](#)

Expanded Medicaid for Independent Young Adults

The purpose of Expanded Medicaid for Independent Young Adults (E-MIYA) program is to provide continued health coverage to young adults transitioning from foster care to adulthood.

E-MIYA currently provides Medicaid coverage to eligible youth who are:

- Living in Iowa,
- Under age 26,
- Who were in an Iowa foster care placement and receiving Iowa Medicaid when they turned age 18.

Youth covered under the E-MIYA program receive physical, dental, and mental health coverage. Youth covered by the E-MIYA program receive covered services through existing Medicaid provider networks. For this program annual eligibility determination is required. If you are exiting foster care, your case manager will assist ensuring your health care coverage continues. If you find you do not have coverage, you may apply via an application on the DHS website. [APPLY HERE](#)

UPCOMING TRAININGS

DATE & LOCATION	TRAINING
Saturday, May 9 (9am-4:30pm) CEDAR FALLS	Utilizing the NURTURED HEART APPROACH in Helping Children with Challenging Behaviors
Saturday, May 16 (9:30am-4:45pm) AMES	The Grieving Process - How to Help You and Your Kids Heal
Saturday, May 16 (9am-12:15pm) ANKENY	Mandatory Child Abuse Reporter Training
Saturday, May 16 (8:30am-2:00pm) CEDAR RAPIDS	Planning for Successful Transitions Mini Conference - Preparing Youth for Adult Living, Learning & Working
Saturday, May 16 (9am-12:15pm) DAVENPORT	Stop, Collaborate and Listen: Collaborating with Birth Families for Better Outcomes
Saturday, May 16 (1:30pm-4:45pm) DAVENPORT	Real Help for Attachment Struggles
Saturday, May 16 (9am-12:15pm) SIOUX CITY	Darkness to Light (Sexual Abuse Prevention)

TO REGISTER: CALL 1.800.277.8145 OR REGISTER HERE

I LOVE YOU RITUALS



Fun Activities for Parents and Children That:

- Boost brain potential
- Encourage cooperation and caring
- Promote learning and literacy
- Increase attention and decrease power struggles
- Build bonds of unconditional love

BECKY A. BAILEY, PH.D.
AUTHOR OF EASY TO LOVE, DIFFICULT TO DISCIPLINE

BOOK REVIEW

A wonderful woman who lived in a shoe,

She had so many children she knew exactly what to do.

She held them. She rocked them, and tucked them in bed.

"I love you, I love you" is what she said.

79 interactive activities based on positive messages, like the one above, are provided in this delightful book. All activities help children increase their attention spans, reduce hyperactivity, build self esteem, and facilitate language development. The interactions teach children how to be kind and caring using gentle touches. Use these with your demanding, aggressive children and watch cooperation replace opposition. [PURCHASE BOOK](#)

[WATCH SAMPLE I LOVE YOU RITUALS](#)

THE DIFFERENCE BETWEEN TANTRUMS AND SENSORY MELTDOWNS



By Amanda Morin

Many people think the words "tantrum" and "meltdown" mean the same thing. And they can look very similar when you see a child in the middle of having one. But for kids who have sensory processing issues or who lack self-control, a meltdown is very different from a tantrum. Knowing the differences can help you learn how to respond in a way that better supports your child.

[CONTINUE READING](#)

[VIEW IFAPA'S FULL TRAINING SCHEDULE](#)