

AUGUST 14, 2012

## DEAR CHILD:

Checkout this moving post titled "Dear Child". It is written by a mom who blogs about her and her husband awaiting the arrival of their foster/adoptive child. An inspiring message for those awaiting a placement and a refreshing reminder to those parents who once were waiting...

[http://becomingsarah.com/index.php?/becoming\\_sarah/comments/dear\\_child\\_aug2012/](http://becomingsarah.com/index.php?/becoming_sarah/comments/dear_child_aug2012/)

## Waiting Child Spotlight

A smart, inquisitive child, Austin likes to ask questions. He is a little shy, but can be outgoing in a structured setting. Austin enjoys reading, soccer, hockey, being outdoors, school, and movies. He is an intelligent guy and excels at academics. Adults in his life describe Austin as "creative with a positive disposition."



**Alicia & Austin**  
Ages 8 & 11

A potential adoptive family should be able to model and enforce appropriate boundaries and interactions with adults and other children in a structured setting. A family that can provide a high level of supervision would be best for this sibling group. Austin would love to play sports, watch movies, and have fun in a family with a mom and dad, and a dog.

Alicia is Austin's little sister, and like her brother, can be quite shy around unfamiliar people. However, once you get to know her, Alicia is a fun, interesting child to be around. She is fascinated with the world around her and is always ready for a new activity. She enjoys cheerleading, animals, bowling, reading, school, and playing with friends.

Alicia sometimes struggles with one-on-one interactions, but is currently improving due to counseling. She enjoys receiving attention and benefits from positive reinforcement.

Alicia would benefit from a loving family who can provide a structured environment, academic assistance, and attention. Since she is so active and curious, a young couple might be best for Alicia. She would like a family that is "smart and caring" and that celebrates holidays together. Alicia wants people to know that she is "happy and a good friend."

It would be best if a future family for these siblings had no other children close in age or younger. A potential adoptive family must be willing to support Austin and Alicia as they continue therapy. Will yours be the family these siblings deserve? To find out more about these children and other waiting children, visit [www.iowakidsnet.com](http://www.iowakidsnet.com).

## It's Back-2-School Time!

Get yourself and your kids prepared for the upcoming school year! Check out our **BIGGEST EVER** Back-To-School resource. This publication is full of information for parents with kids of all ages.

Read all about preparing kids for the school year, the importance of sleep for school success, free school-related trainings, support for parents with education-related issues, advocating for special education needs, helping kids cope with stress, resources on bullying, helping your child get organized, how play aids early development, reading for kids of all ages, free Drivers Ed, school lunches and head start for kids in foster care, and much more!

[www.ifapa.org/pdf\\_docs/WeeklyWordJuly312011.pdf](http://www.ifapa.org/pdf_docs/WeeklyWordJuly312011.pdf)



# ADVENTURELAND

## IFAPA'S APPRECIATION DAY!

**Saturday, August 25th**  
**Adventureland Park, Altoona**

**All ticket orders must be postmarked**  
**NO LATER THAN Friday, August 17th.**

**Order by mail (pay by check or money order):**  
[www.ifapa.org/pdf\\_docs/2012AdventurelandForm.pdf](http://www.ifapa.org/pdf_docs/2012AdventurelandForm.pdf)

**Order online (pay by credit card):**  
<https://ifapa.ejoinme.org/2012adventureland>

## T-SHIRT SALE

IFAPA will be selling t-shirts at our Adventureland event. All of the proceeds from IFAPA's t-shirt sales will help our Friends of Children in Foster Care program. Adult shirts are \$15 each and kids' shirts are \$10 each. You can also order your shirts online with a credit card and pick up your shirts at our event.

<https://ifapa.ejoinme.org/tshirtsales>



**Children Sizes Available:**  
XS, S, M, L

**Adult Sizes Available:**  
S, M, L, XL, XXL, XXXL

Date	Location	Training
Sept. 8, 2012 9:00am–4:30pm	Ames Country Inn & Suites	Dare to Care About Skin & Hair (For Caregivers of Children of Color)
Sept. 8, 2012 1:15pm–5:30pm	Ankeny To be announced	CPR & First Aid To avoid late fees, register by: Fri., Aug. 24
Sept. 8, 2012 1:15pm–5:30pm	Burlington To be announced	CPR & First Aid To avoid late fees, register by: Fri., Aug. 24
Sept. 8, 2012 9:00am–4:30pm	Council Bluffs IWCC	Responding to Cultural Differences – What’s a Parent to Do?
Sept. 8, 2012 9:00am–4:30pm	Indianola Simpson College	Dangerous Playgrounds – Drug Awareness and Trends
Sept. 8, 2012 9am-12:15pm	Ottumwa Great Prairie AEA	Mandatory Child Abuse Reporter Training
Sept. 8, 2012 1:15pm–5:30pm	Ottumwa To be announced	CPR & First Aid To avoid late fees, register by: Fri., Aug. 24
Sept. 15, 2012 9:00am–4:30pm	Ankeny IFAPA Training Center	Get it Right! Learn to Navigate the Foster Care & Juvenile Justice Systems
Sept. 15, 2012 9:00am–4:30pm	Davenport Clarion Hotel	Supporting Healthy Attachment Across the Developmental Spectrum
Sept. 15, 2012 1:15pm–5:30pm	Iowa City To be announced	CPR & First Aid To avoid late fees, register by: Fri., Aug. 31
Sept. 15, 2012 1:15pm–5:30pm	Marshalltown To be announced	CPR & First Aid To avoid late fees, register by: Fri., Aug. 31
Sept. 15, 2012 9am-12:15pm	Sioux City NW AEA	Mandatory Child Abuse Reporter Training
Sept. 15, 2012 1:30pm–4:45pm	Sioux City NW AEA	Planning for the Unpredictable: Preparing your Family for Natural Disasters
Sept. 15, 2012 9:00am–4:30pm	Waterloo Hawkeye College	Mental Health First Aid (Part I) Depression, Bi-polar, Self-Harm, Anxiety, PTSD, OCD
Sept. 15, 2012 9:00am–12:15pm	Williamsburg St. Timothy Church	Six Principles of the Individuals with Disabilities Education Act (IDEA)
Sept. 15, 2012 1:30pm–4:45pm	Williamsburg St. Timothy Church	An IEP on IEPs: Parents as Partners in Process and Product
Sept. 22, 2012 1:15pm–5:30pm	Ames To be announced	CPR & First Aid To avoid late fees, register by: Fri., Sept. 7
Sept. 22, 2012 9:00am–12:15pm	Ankeny IFAPA Training Center	Creating Cultural Connections: Compassion Compels
Sept. 22, 2012 1:30pm-4:45pm	Ankeny IFAPA Training Center	Mandatory Child Abuse Reporter Training
Sept. 22, 2012 9:00am–4:30pm	Bettendorf Home Ridge Hotel	Mental Health First Aid (Part I) Depression, Bi-polar, Self-Harm, Anxiety, PTSD, OCD
Sept. 22, 2012 1:15pm–5:30pm	Cedar Rapids To be announced	CPR & First Aid To avoid late fees, register by: Fri., Sept. 7
Sept. 22, 2012 1:15pm–5:30pm	Dubuque To be announced	CPR & First Aid To avoid late fees, register by: Fri., Sept. 7
Sept. 22, 2012 9:00am–4:30pm	Waterloo Hawkeye College	Dare to Care About Skin & Hair (For Caregivers of Children of Color)
Sept. 29, 2012 9:00am–4:30pm	Cedar Rapids Best Western LB	Solving the Puzzle: Autism Spectrum Disorders
Sept. 29, 2012 1:15pm–5:30pm	Council Bluffs To be announced	CPR & First Aid To avoid late fees, register by: Fri., Sept. 14
Sept. 29, 2012 9:00am–4:30pm	Davenport Family Resources	Dare to Care About Skin & Hair (For Caregivers of Children of Color)
Sept. 29, 2012 1:15pm–5:30pm	Decorah To be announced	CPR & First Aid To avoid late fees, register by: Fri., Sept. 14
Sept. 29, 2012 9:00am–12:15pm	Mason City NIACC	Sibling Groups: Conquer or Be Conquered
Sept. 29, 2012 1:30pm-4:45pm	Mason City NIACC	Mandatory Child Abuse Reporter Training
Sept. 29, 2012 9:00am–4:30pm	Sioux City NW AEA	Beyond Consequences...Helping Children with Severe Behaviors

### Dangerous Playgrounds: Drug Awareness & Trends

Do you know the meaning of terms like Spice, Budda, Robo-Trippin’, Trail Mixing and Space Monkey? Would you be able to tell if someone is drunk or high, or experimenting with drugs? If you answered “no” to these questions, then this class is a must for you! Participants will leave this training with a working knowledge of the most common substances of abuse including terminology, visual identity, how they are used, how they are made, and the effects of substances on the community. This class is recommended for foster/adoptive parents, social workers and caregivers of children that are pre-teen through young adult age, as well as anyone working with birth families that have substance related issues.

### Mental Health First Aid

MHFA helps the public identify, understand, and respond to signs of mental illnesses and substance use disorders. This course introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact, reduces the stigma attached to mental health diagnoses and overviews common treatments. Participants will learn a 5-step action plan encompassing the skills, resources and knowledge to help an individual in crisis connect with appropriate professional care. *Part 1 and Part 2 will be offered at different times throughout the fall. You will receive credit separately for each of these two courses and if you choose to complete all 12 hours, you will receive a mental health certification.* Part I highlights Depression, Bi-polar Disorder, Suicidal and Non-suicidal Self-injuries, Anxiety Disorders, Panic Attacks, Post-Traumatic Stress Disorder and Obsessive Compulsive Disorders.

### Dare to Care About Skin & Hair

Individuals who are parenting a child or are considering parenting a child of an ethnicity different from their own find there are all types of challenges from finding ways to respect culture and heritage as well as navigating the world of skin and hair care. Newly updated, this course will walk you through the process of caring for the skin and hair of children of color, as well as provide discussion of cultural practices that can better arm you as a parent in celebrating all the children in your home.

## TO REGISTER FOR A TRAINING...

CALL 800.277.8145 EXT. 1  
OR E-MAIL [smiles@ifapa.org](mailto:smiles@ifapa.org)