

DECEMBER 20, 2011

Having Food Issues with Your Child?

Adoption Nutrition (www.adoptionnutrition.org) was created for foster and adoptive families through an alliance between the Spoon Foundation and the Joint Council on International Children's Services. The site includes advice and resources about food issues with adopted children and those in foster care.

Find helpful information on the following food-related topics:

- Contributing Factors to Malnutrition
- Common Nutrient Deficiencies
- Infant Feeding Stages
- Your Child's Native Diet
- Food Allergies & Intolerances
- The Transition Diet
- Common Feeding Challenges
- Difficulty Eating/Doesn't Want to Eat
- Food Hoarding
- Slow to Grow
- Cleft Lip & Palate
- Maximizing Calories Per Bite
- Sneaking in Crucial Vitamins & Minerals
- Nutrition Basics by Country (International Adoptions)



PS-MAPP Leaders Needed

Iowa KidsNet has scheduled an upcoming training for individuals wishing to become PS-MAPP Leaders. Certified leaders will co-train (social worker and foster and/or adoptive parent training team) the PS-MAPP curriculum to prepare prospective foster and/or adoptive parents using the approved 30-hour preparation curriculum on a contract basis.

Areas of Need: Social work leaders are needed in the Cedar Rapids, Council Bluffs, Spencer, Storm Lake and Sioux City areas. Foster parent leaders are needed in Burlington, Council Bluffs, Davenport and Spencer.

PSMAPP Leader Training (Seven Days)
Dates: March 20-23 and April 3-5, 2012
Location: to be determined
Time: 9:00 a.m. – 4:30 p.m.

To learn more, including how to apply, qualifications for PS-MAPP Leaders, compensation...visit:
www.iowakidsnet.com

SAVE THESE DATES

February 16, 2012

Legislative Breakfast
Iowa State Capitol - Des Moines

March 2-3, 2012

IFAPA State Conference
Adventureland Inn - Altoona

May 5, 2012

Stride for Foster Care Walk
Raccoon River Park - West Des Moines

August 25, 2012

IFAPA's Adventureland Day
Adventureland Park - Altoona

More info:

www.ifapa.org/events/default.asp



Watch "A Home for the Holidays" on Wednesday, December 21st

The Children's Action Network and the Dave Thomas Foundation for Adoption present the 13th annual "A Home for the Holidays", to be broadcast Wednesday, December 21 (7:00-8:00 PM, CST) on the CBS Television Network.

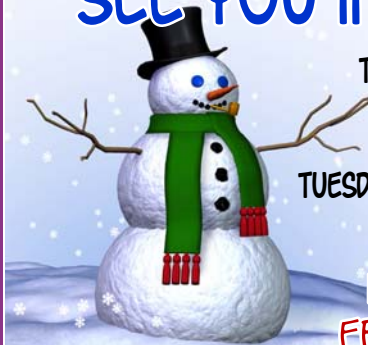
The entertainment special will be hosted by country superstar Martina McBride. It will include moving performances by McBride, pop superstar Justin Bieber, Grammy Award-winning singer Mary J. Blige, pop rock group One Republic, and singer/songwriter Christina Perri. Katherine Heigl, her sister Meg Heigl, and Denise Richards will be among the talent set to present.

As it has for the past 12 annual shows, the special tells touching stories about foster care adoption to raise awareness for this important social issue. The inspirational stories of these American families are enhanced by performances by today's most popular artists.

http://www.cbs.com/shows/holiday_central/



SEE YOU IN 2012!



THE WEEKLY WORD
WILL RETURN ON
TUESDAY, JANUARY 3RD.

HAPPY
HOLIDAYS
FROM IFAPA!



Caring for Children Who Have Experienced Trauma

IFAPA Offers New Class on Childhood Trauma

Many children in the foster care system have lived through traumatic experiences. Understanding how trauma affects children can help you to make sense of your child's sometimes baffling behavior, feelings, and attitudes. Once you understand why your child behaves the way he or she does, you'll be better prepared to help him or her cope with the effects of trauma.

Modules 1-4

Caring for Children Who Have Experienced Trauma

(7 hrs credit) - Many children in the foster care system have lived through traumatic experiences. In part 1 of this 2-part training series, participants will learn the basics about Trauma, what trauma means, what are traumatic experiences and how people (especially children) react to trauma. Participants will learn to understand trauma's effects on development and what parents can do to promote safety and help children cope with trauma reminders.

Trainers: Tommy & Melinda Ross

ANKENY - Sat., Jan. 7 (8:30am-5pm) - IFAPA Training Center

Modules 5-8

Caring for Children Who Have Experienced Trauma

(7 hrs credit) - In part 2 of this 2-part training series, participants will learn more ways to deal with problem behaviors caused by trauma effects on children. This training will give participants the basics of trauma-informed treatment and teach them to be advocates for their child, along with finding resources in the community. This portion of the trauma series will also focus on self-care for the parent. How secondary traumatic stress can affect you as a parent and what you can do to care for your own stress and compassion fatigue. **Trainers: Tommy & Melinda Ross**

ANKENY - Sat., Feb. 4 (8:30am-5pm) - IFAPA Training Center

REGISTRATION

To register for one or both parts of this training, please call 800-277-8145 ext. 1 or register at the following link on the IFAPA website: www.ifapa.org/training/training_registration_form.asp. IFAPA will follow-up within two business days to confirm your enrollment in the class.



UPCOMING IFAPA TRAINING:

PEOPLE OF COLOR: SKIN & HAIR CARE WITH A FAMILIAR TWIST

(6 hrs credit) - This class will provide a hands-on learning opportunity on the care of hair and skin for children of color, along with health issues and cultural practices. Skin & hair care products will be available. **Trainer: Dottie Fouse**

UPCOMING LOCATIONS:

BETTENDORF - Sat., Jan. 28 (9:30am-4:45pm) - Bettendorf Public Library

CEDAR RAPIDS - Sat., Feb. 18 (9am-4:30pm) - Coe College

COUNCIL BLUFFS - Sat., Mar. 10 (9am-4:30pm) - Country Inn & Suites

ANKENY - Sat., Mar. 24 (9am-4:30pm) - IFAPA Training Center

WATERLOO - Sat., May 12 (9am-4:30pm) - Hawkeye Community College

To register for one of these locations, please call 800-277-8145 ext. 1 or register at the following IFAPA link: www.ifapa.org/training/training_registration_form.asp. IFAPA will follow-up within two business days to confirm your enrollment in the class.