

DECEMBER 6, 2011

## How TV Affects Your Child

Most kids plug into the world of television long before they enter school. According to the Kaiser Family Foundation (KFF):

- two-thirds of infants and toddlers watch a screen an average of 2 hours a day
- kids under age 6 watch an average of about 2 hours of screen media a day, primarily TV and videos or DVDs
- kids and teens 8 to 18 years spend nearly 4 hours a day in front of a TV screen and almost 2 additional hours on the computer (outside of schoolwork) and playing video games

The American Academy of Pediatrics (AAP) recommends that kids under 2 years old not watch any TV and that those older than 2 watch no more than 1 to 2 hours a day of quality programming.

The first 2 years of life are considered a critical time for brain development. TV and other electronic media can get in the way of exploring, playing, and interacting with parents and others, which encourages learning and healthy physical and social development.



As kids get older, too much screen time can interfere with activities such as being physically active, reading, doing homework, playing with friends, and spending time with family.

To continue reading more about the negative impact television has on children, visit the following link on *KidsHealth.org*.

[http://kidshealth.org/parent/positive/family/tv\\_affects\\_child.html](http://kidshealth.org/parent/positive/family/tv_affects_child.html)

### Healthy TV Habits

It's wise to monitor and limit the time your child spends playing video games, watching TV, and on the computer and the Internet. Visit the following link from *KidsHealth.org* to find some healthy habits for your family.

[http://kidshealth.org/parent/positive/family/tv\\_habits.html?tracking=P\\_RelatedArticle](http://kidshealth.org/parent/positive/family/tv_habits.html?tracking=P_RelatedArticle)

## WATCH YOUR MAILBOX FOR OUR SPRING TRAINING SCHEDULE!!



IFAPA's new training schedule has been released. Our schedule will be arriving to your mailbox any day now. The schedule includes trainings being offered January 2012 through May 2012. We will be offering classes on the following topics:

- Anger Management
- Children with Severe Behaviors
- Trauma Effects on Children
- Drug Awareness
- ADHD
- Bonding & Attachment
- Parenting Teens
- Raising Boys
- Raising Girls
- Parenting Transracially
- Understanding the Foster Care & Juvenile Justice Systems
- Childhood Anxiety
- CPR & First Aid
- Mandatory Reporter

Check out our entire training schedule at:

[http://www.ifapa.org/training/ifapa\\_training\\_schedule.asp](http://www.ifapa.org/training/ifapa_training_schedule.asp)

## Help a Foster Child - Buy a T-Shirt

All of the proceeds from IFAPA's t-shirt sales will help IFAPA's Friends of Children in Foster Care program. Adult shirts are \$15 a each and kids' shirts are \$10 a each. To place an order, visit [www.ifapa.org](http://www.ifapa.org).



**ON YOUR OWN BUT NOT ALONE**

Iowa Aftercare Services Network is a statewide program that addresses the needs of young adults who have aged-out of foster care. Aftercare provides support & opportunities designed to help young adults between the ages of 18 and 21 meet the challenges of living independently and achieving self-sufficiency. Participation is voluntary, and available to those who meet eligibility requirements. For more info, call 800-443-8336 or visit: [www.iowaaftercare.org](http://www.iowaaftercare.org).



AMP has councils statewide that connect young people and advocate on a local basis. Council activities are youth driven, from idea to inception, by local members. Each council is led by experienced alumni of the system, supportive social workers, or local foster parents. AMP members are youth ages 13 and up who have been involved in foster care, adoption, kinship or other out-of-home placements. They are young people who want to make a difference in the child welfare system. To join AMP, contact the Facilitator for the council nearest you!

**Important Dates**

**January 2012**

**IFAPA Conference Book Mailing**

IFAPA will mail our IFAPA Spring Conference book to families at the beginning of January.

**February 16, 2012**

**IFAPA Legislative Breakfast**

IFAPA will be hosting our 2012 Legislative Breakfast on Thursday, February 16 at the Iowa State Capitol Building in Des Moines from 7am to 9am.

**March 2 & 3, 2012**

**IFAPA Spring Conference**

IFAPA will be hosting our 2012 Spring Conference on Friday, March 2nd and Saturday, March 3rd in Altoona at the Adventureland Inn Resort.

**May 5, 2012**

**IFAPA Stride for Foster Care Walk**

IFAPA will be hosting our 2012 Stride for Foster Care Walk Fundraiser on Saturday, May 5th at Raccoon River Park (West Des Moines, IA).

<p><b>Ames</b> The Ames Council meets on the 2<sup>nd</sup> and 4<sup>th</sup> Thursdays of every month at Youth and Shelter Services (420 Kellogg) in Ames from 6:00-7:30pm Council Facilitator: Terri Bailey ph: 515-291-0476 e-mail: <a href="mailto:tbailey@yss.ames.ia.us">tbailey@yss.ames.ia.us</a></p>	<p><b>Des Moines</b> The Des Moines Council meets on the 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays of every month at Polk County DHS-Riverplace (2309 Euclid Ave.) in Des Moines from 6:00 - 8:00 p.m. This council serves supper at 5:30pm. Council Facilitator: Terri Bailey ph: 515-291-0476 e-mail: <a href="mailto:tbailey@yss.ames.ia.us">tbailey@yss.ames.ia.us</a></p>
<p><b>Cedar Rapids</b> The Cedar Rapids Council meets on the 1<sup>st</sup> and 3<sup>rd</sup> Thursdays of the month at the Four Oaks Bridge in the Fireside Room (2100 1st Ave NE) in Cedar Rapids from 6:30 - 8:30p.m. Council Facilitator: Mandi Kendzora ph:319-368-3376 e-mail: <a href="mailto:mkendzora@foundation2.org">mkendzora@foundation2.org</a></p>	<p><b>Dubuque</b> The Dubuque Council meets on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays of every month from 6:00 -8:00p.m. at the Multicultural Family Center (1157 Central Ave) in Dubuque. Council Facilitator: Amanda Dellwo ph: 712-253-7963 e-mail: <a href="mailto:amanda.dellwo@gmail.com">amanda.dellwo@gmail.com</a></p>
<p><b>Cherokee</b> The Cherokee Council meets on the 2<sup>nd</sup> &amp; 4<sup>th</sup> Monday of each month from 6:30 - 8:30p.m. at the Bethlehem Evangelical Lutheran Church (300 E. Bow Drive) in Cherokee. Council Facilitator: Mary Elks ph: 712-325-5862 e-mail: <a href="mailto:melks@childrensquare.org">melks@childrensquare.org</a></p>	<p><b>Fort Dodge</b> The Fort Dodge councils meets on the 2<sup>nd</sup> and 4<sup>th</sup> Thursdays of the month from 5:30 – 7:30p.m. at GRLS Program (2406 9½ Ave. South) in Fort Dodge. Council Facilitator: Maria Weydert ph: 515-890-1893 e-mail: <a href="mailto:riaweydert@gmail.com">riaweydert@gmail.com</a></p>
<p><b>Council Bluffs</b> The Council Bluffs Council meets on the 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of every month from 6:00 - 8:00 p.m. at Micah House (1415 Ave J) in Council Bluffs. Council Facilitator: Joni Griffin ph: 402-680-3554 e-mail: <a href="mailto:griffinw@westianet.net">griffinw@westianet.net</a></p>	<p><b>Sioux City</b> The Sioux City Council meets the 1<sup>st</sup> &amp; 3<sup>rd</sup> Monday of every month from 5:30-7:30 p.m. at the Midtown Family Community Center, Rm 308 (525 14<sup>th</sup> St.) in Sioux City. Council Facilitator: Patricia Redmond ph: 712-389-2005 e-mail: <a href="mailto:patty_redmond@yahoo.com">patty_redmond@yahoo.com</a></p>
<p><b>Davenport</b> The Davenport Council meets on the 2<sup>nd</sup> and 4<sup>th</sup> Thursday of the month from 6:00 - 8:00 p.m. at the Annie Wittenmyer Complex (2800 Eastern Avenue, Cottage 13) in Davenport. Council Facilitator: Evelyn Garrison ph: 515-333-2219 e-mail: <a href="mailto:egarrison@famres.org">egarrison@famres.org</a></p>	<p><b>Waterloo</b> The Waterloo Council meets on the 2<sup>nd</sup> Tuesday of every month from 6:30 - 8:30 p.m. at Quakerdale, 140 S. Barclay St. in Waterloo. On the 4th Tuesday the meeting take place at Bremwood, 106 – 16<sup>th</sup> St. SW in Waverly. Council Facilitator: Teanna Smart ph: 319-433-8172 e-mail: <a href="mailto:teanna.smart@gmail.com">teanna.smart@gmail.com</a></p>