

JUNE 3, 2014

CPR & FIRST AID CLASSES

All licensed foster homes must be certified in CPR & First Aid through a nationally recognized training organization or by an equivalent trainer within their first year of licensure and every three years thereafter. If you are unsure when you need to have your CPR completed please contact your Iowa KidsNet support worker.

UPCOMING CPR CLASSES *(4 hours credit)*

- Sat., July 12 (1:15pm-5:30pm) - **SIoux CITY** (Payment due: Fri., June 27)
- Sat., July 19 (1:15pm-5:30pm) - **ANKENY** (Payment due: Thurs., July 3)
- Sat., July 19 (8am-12:15pm) - **WAVERLY** (Payment due: Thurs., July 3)
- Sat., July 26 (1:15-5:30pm) - **COUNCIL BLUFFS** (Payment due: Fri., July 11)
- Sat., Aug. 2 (1:15pm-5:30pm) - **AMES** (Payment due: Fri., July 18)
- Sat., Aug. 2 (1:15pm-5:30pm) - **CEDAR RAPIDS** (Payment due: Fri., July 18)
- Sat., Aug. 9 (1:15pm-5:30pm) - **DAVENPORT** (Payment due: Fri., July 25)

COST

Our CPR and First Aid classes cost \$40 per person and are only open to licensed foster parents. There is a \$10 late fee per person if payment is not received by the dates listed above. Once we have received your registration and payment, IFAPA will send you a postcard in the mail confirming you have been enrolled in the class you registered for along with location specifics. We cannot enroll you in a class until payment has been received.

REGISTRATION

There are limited spaces in these classes, so **SIGN UP EARLY** to make sure you are able to get in to the class you need. **To register for a CPR class, please COMPLETE THIS FORM and mail with your payment to: IFAPA (6864 NE 14th St., #5 - Ankeny, IA 50023).** If you wish to register and pay by credit card please contact Stephanie Miles at 800-277-8145 ext. 1 or smiles@ifapa.org to obtain the link to make your payment online.

CANCELLATION POLICY

There are **NO REFUNDS** due to participant cancellations or non-attendance. Participants wanting to transfer to a different course will be charged a second \$40 registration fee. Payments are not transferable. If the class you attempt to register for is full, cancelled due to low enrollment or cancelled due to inclement weather, IFAPA will either return your payment or transfer you to an alternate class.



APPRECIATION EVENTS FOR FOSTER & ADOPTIVE FAMILIES!

Find out what foster and adoptive events are happening in Iowa this summer, visit:
[IFAPA WEBSITE](#) / [KIDSNET WEBSITE](#)

ESSENTIALS FOR PARENTING TODDLERS AND PRESCHOOLERS

The Centers for Disease Control and Prevention (CDC) has developed this free online resource designed for parents of children between the ages of 2 to 4 years old. This resource addresses common parenting challenges, provides positive parenting skills and techniques that can reduce parenting stress and help parents to handle their child's misbehavior, and addresses frequently asked questions. It also includes helpful resources, including parenting videos, free print materials, and additional online resources. [VIEW RESOURCES](#)

PARENTING A SCHOOL-AGE CHILD?
[VIEW SCHOOL-AGE RESOURCES](#)

PARENTING A TEENAGER?
[VIEW TEEN RESOURCES](#)



Aging Out: Voices From Those In The Foster Care System

Their stories begin with heartbreak. A family unable or unwilling to care for them. Parents dead, addicted to drugs, absent.

About 400,000 children in the U.S. live in foster care, according to federal officials. Entry into the foster care system is meant to keep them safe, but the reality is often fraught with its own dangers and disappointments. *Los Angeles Times* photojournalist Robert Gauthier interviewed more than a dozen young men and women from the Los Angeles area who were on the verge of being emancipated from foster care or had recently aged-out of “the system.”

Many fight a daily battle to shed the label of “system kid.” Often they are ill-prepared to survive on their own, let alone succeed. They talked to *The Los Angeles Times* about their past, as well as their dreams for the future. Asked to describe themselves in one word, they answered “survivor,” “driven,” “adaptable.”

[VIEW AGING OUT VIDEO](#)

VARIETY AMP CAMP 2014

Join AMP for a week of fun and learning!

Variety AMP Camp will be held from July 20 to July 26 at the Iowa 4-H Center in Madrid, Iowa. Thanks to the generosity of Variety the Children’s Charity, this will mark the second year of camp for youth in out-of-home-placements. There will be openings for 29 youth, (ages 13-18) who will be joined by 10 mentors from Aftercare and PAL programs. The focus will be leadership building and making successful transitions to self-responsibility. All activities will focus on building healthy, active, and involved AMP leaders. Campers will also participate in camp activities geared toward teens and today’s technology. Campers will share their personal story with other campers and staff with the goal of building personal pride and hope for a brighter future.

[COMPLETE CAMP APPLICATION](#)

[HEAR FROM LAST YEAR’S ATTENDEES \(VIDEO\)](#)

The Benefits of Including Foster Children in Your Vacation Plans



Many foster families feel that since foster children are a part of the family they should also be included in family vacation plans too. So, if you are deciding whether or not to include your foster child on your next family vacation, here are some of the pros of taking along your foster child. [READ ARTICLE](#)

The Grieving Process - How to Help You & Your Kids Heal

Throughout our lives we have all experienced physical pain and injury. We accept this as part of life. When we’ve experienced these injuries we also accept there is a healing process involved that is normal and necessary in order for us to be able to effectively return to our everyday responsibilities. What many of us forget, however, is this same healing process is necessary any time we have experienced a loss. Not grieving is equivalent to not allowing your body to heal after major physical trauma or injury. Similar to other emotional difficulties in life, we tend to minimize the importance of the grieving process and this can result in anger, bitterness, resentment, depression, and anxiety that can negatively impact one’s life. The purpose of this workshop is to help participants understand the grieving process and how to help children, adolescents, and adults heal emotionally from loss in a healthy manner. (Trainer: Matt Hiveley, PhD) – 6 Hours Credit
Sat., June 28 (9am-4:30pm) - CEDAR RAPIDS

[VIEW IFAPA’S SUMMER TRAINING SCHEDULE](#)

Former Foster Youth Auditions for America’s Got Talent

[WATCH THIS MOVING STORY](#)

