

MAY 12, 2015



Celebrate May as National Foster Care Month!

[VIEW UPCOMING APPRECIATION EVENTS](#)

IFAPA's Programs and Resources Provide Support to Foster & Adoptive Parents

[PEER LIAISONS](#)

[RESOURCE INFORMATION SPECIALISTS](#)

[LIFEBOOK PAGES](#)

[PUBLICATIONS FOR FOSTER, ADOPTIVE & KINSHIP PARENTS](#)

[RESOURCE LIST OF THERAPISTS WITH EXPERIENCE TREATING FOSTER & ADOPTIVE FAMILIES](#)

[FOSTER & ADOPTIVE SUPPORT GROUPS](#)

[ONLINE RESOURCES FOR PARENTS](#)

JOB OPENING AT IFAPA

IFAPA is currently accepting applications for a Peer Liaison. IFAPA Peer Liaisons are established foster parents who mentor foster families and provide peer-to-peer support. Peer Liaisons are part-time employees and work out of their home approximately 20 hours per week. This new staff member must reside in Polk, Warren or a surrounding county of Polk and Warren. **Application deadline: May 15, 2015**

[LEARN MORE AND HOW TO APPLY](#)

Waiting Child Spotlight

Brandon, age 13, is a talkative, creative young man who excels at both math and art. He enjoys card games, swimming, playing outside, video games, Legos and making artwork. Brandon enjoys farms and would love to live in the country or help with animals.

Brandon is doing great academically and works on staying focused with occasional prompts.

Brandon's DHS worker will consider adoptive families from Iowa and other states. Brandon would do best in a smoke-free home with two parents or a single male parent. Brandon should be the youngest child in his adoptive home. In the past, he had to take care of his younger siblings, and he would like a break from this role. Brandon would love to be adopted by a family with older brothers that he could look up to as positive role models.

Brandon's potential adoptive family should have patience, a willingness to talk with Brandon and follow through to meet his needs through therapy services. Brandon will need reminders to be accountable for his actions, maintain hygiene, manage anger and take time outs when needed.

Brandon values relationships, and he needs to continue his relationships with his brothers and his grandparents.

Most of all, this artistic young man needs a great family to help him paint a bright future. Could you be the one to provide a loving, forever home for Brandon?



[REQUEST MORE INFO ABOUT BRANDON](#)

10 TIPS FOR TALKING TO YOUR KIDS WHEN THEY SURPRISE YOU WITH AN UNCOMFORTABLE TOPIC

Christy lives in Arlington Texas with her husband and two daughters Ticia and Tayla, age 8 and 9 1/2. She finds that her daughters are most open with her when they are all doing something together, like cooking. She also uses "Mommy and Me" journals for topics they might not feel comfortable discussing face to face.



HOW DO YOU APPROACH DISCUSSING SENSITIVE TOPICS WITH YOUR GIRLS?

I try very hard to be honest always when my girls ask tough questions. I try to make sure that I am speaking at an age appropriate level and sometimes that means I need to ask them to give me time to think about my answer and I tell them I will get back to them.

DO YOU HAVE ANY SPECIAL METHODS FOR ENCOURAGING YOUR GIRLS TO OPEN UP ABOUT THINGS THEY MIGHT FEEL UNCOMFORTABLE ABOUT?

We have "Mommy and Me" journals. I started this when Tayla (9) was about 7, and Ticia was around 5. Each of my girls have their own journal and they are able to write down anything at all in them that they may feel uncomfortable discussing face to face. They leave the journal on my bed and I write back. So far, the main topics have been friendships, fights with one another and feeling sad or unloved by someone. My hope, is that by starting this early, they will be more inclined to come to me with more serious issues later. [CONTINUE READING](#)

SOCIAL AND EMOTIONAL SKILLS: What to Expect at Different Ages

Kids mature and develop at different paces, but there are certain social and emotional milestones you can expect at different ages. Keeping track of your child's progress as social and emotional skills develop can help reveal potential issues. The following timeline shows what's considered typical behavior as a child develops.

[VIEW SOCIAL AND EMOTIONAL TIMELINE](#)

6 Tips for Responding to Negative Comments Relatives Make About Your Child

At family gatherings, relatives who don't understand learning and attention issues may make negative comments about your child. These remarks can sting, even if they're well intentioned. Here are some typical comments—and ways to respond.

- "That kid is just lazy."
- "He could be so much more."
- "He's just trying to get attention."
- "Why can't he just sit quietly like his cousins?"
- "You need to try harder in school, kiddo."
- "You need to work on your parenting skills."

[VIEW HOW TO RESPOND TO FAMILY](#)

Upcoming IFAPA Trainings

"Quirky Kids": Strategies for Living with Young Children with Challenging Behaviors

Dorothy Lifka leads this three hour session. Adopted children and children in foster care often come to us with significant behavioral problems. These may include ADHD, aggressive behaviors towards others and/ or other mental health problems. Parenting children with these issues can be challenging. This session is designed to provide foster and adoptive parents with information about challenging behaviors in young children and to help parents develop more successful parenting strategies.

Sat., May 30 (9am-12:15pm) - ANKENY

Facilitating Attachment in Foster and Adopted Children

Dorothy Lifka is back to lead this three hour session. Adopted children and children in foster care often come to us with significant trauma histories. Brain research has documented the negative effects such experiences can have on the developing brain and on the development of secure attachments to primary caregivers. Parenting strategies that work with other children may be ineffective and inappropriate for children with attachment issues and a history of trauma. This session is designed to provide foster and adoptive parents with information about trauma and attachment and to help them develop more successful parenting strategies.

Sat., May 30 (1:30pm-4:45pm) - ANKENY

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