

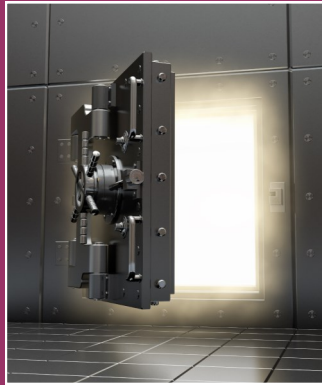
MAY 24, 2016

What To Do When You've Trusted The Wrong Person With Your Child's Story

By Kristin Berry (ConfessionsOfAnAdoptiveParent.com)

Adoption and foster care can be lonely. Special needs parenting can be even lonelier. Our families have unique circumstances, needs and stories. Often we are so desperate to share our experience with others that we miss the warning signs that a person is not trustworthy.

A few years ago, I met a lady at the park. A quick look at the slew of children between us showed that we had something unique in common. We both had multi-racial families. I watched her kids curiously across the playground. I sized her up as I counted the children she was minding. One, two, three, four, five. It could be a daycare, or maybe a play-date. I noticed that all five were calling her "Mommy." My five were swarming around hers thankful for new friends. She struck up a conversation with me as I sat on the park bench bottle-feeding my foster daughter. My initial assessment was correct, she was a foster and adoptive mom.



I jumped at the chance to have a friend. We talked for an hour while our little one's played.

A few things happened that should have alerted me that this was not a good friend. She gossiped about other families at the playground. She told too many details of her children's private stories. She asked questions about my children that were blunt and invasive. I felt increasingly uncomfortable but continued to talk with her. I felt I had said too much but I didn't know how to escape.

This chance encounter led to some very hurtful gossip in my town and eventually within my circle of friends. Some of this person's hurtful talk made it's way to one of my teenage daughters. What I thought was a comrade, was really an enemy in disguise. **[CONTINUE READING](#)**

DEADLINE APPROACHING...

COULD YOUR FOSTER TEEN USE \$300 FOR ACTIVITIES?

IFAPA has received special money from Chafee Funds for teens (age 14 and older) in foster care that can only be requested through June 30, 2015. These grants will be available for up to \$300 per youth.

Types of items that will be covered by the Friends of Children in Foster Care program include:

- Sports registrations
- Sporting equipment costs (helmets, gloves, cleats, etc.)
- Swimming lessons
- Summer camps (1 week max)
- Music instruments/lessons
- Tae Kwon Do
- Gymnastics/Dance
- Prom attire (dress/shoes/tux rental)
- Senior/class trips
- Class ring
- Senior pictures
- Graduation expenses (only cap & gown, announcements)
- College application fees

To be considered for Friends funding, please complete an application and send it along with copies of receipts/invoices to the address listed on the application. Applications that are received without receipts/invoices cannot be processed.

[VIEW APPLICATION](#)

Creating an Emotionally Supportive Home Environment

By Katie Hurley, LCSW

“Is this one of those things you don't have to tell my mom?”

I'm sitting in my office with a six-year-old girl. It's only her second visit, and she's still looking to clarify confidentiality. This is often the process with young children in therapy. They want to open up, but they need to build trust before they can share their stories.



As it turns out, she wants to talk about her relationship with her mom, but she's not ready to discuss it with her mom. She'll say, "If I tell my mom what's wrong, she'll say, 'It's not a big deal' or 'Don't worry' so I stopped telling her stuff." I've had some version of this conversation more times than I can even count over the years. With best intentions, parents try to brush away worries for their kids. This too shall pass. As a result, kids shut down and withdraw...until they end up on my couch.

It's not that simple, of course. There are always two sides to every story, and this story was no exception. It did, however, illustrate an important point: ***No matter the issues lurking beneath the surface, children need to live in an emotionally safe environment where all feelings are accepted and understood.*** [CONTINUE READING](#)

Teaching Your Child to IDENTIFY AND EXPRESS EMOTIONS

Does This Sound Familiar? Maggie is playing with her four-year-old son. He selects a truck puzzle and begins matching and placing the pieces in the holes. He has a difficult time turning a piece around so that it will match the hole and fit. Maggie tells him, "Let me help you turn it the right way." Her son pushes her hand away and says in an agitated voice, "Let me do it." He tries to fit the piece in again, but is unsuccessful. He screams and throws the piece across the room and then throws the puzzle at Maggie.

What would you do if this happened in your home? Would you throw in the towel and quit for the night, maybe try again tomorrow? OR would you turn it around and create a brand new lesson, about helping your child understand and talk about his emotions? [CONTINUE READING](#)

[MORE EARLY LEARNING OPPORTUNITIES](#)

IS YOUR TEEN READY TO LIVE,
LEARN & WORK AS AN ADULT?

A FREE TRAINING TO PREPARE YOUTH & THEIR PARENTS FOR ADULTHOOD

Planning for the future can be overwhelming for all youth but for those exiting the foster care system it can be even more challenging but is also very necessary. Centering the plan around the transitioning youth's own strengths, interests and goals is essential in paving the way to a successful adult life.

TRAINING HELD IN THE FOLLOWING LOCATIONS:

(Click on links below to view the individual flyers)

[WATERLOO](#) (Sat., June 4 - 9am-2pm) [DUBUQUE](#) (Sat., June 11 - 9am-2pm)
[CEDAR RAPIDS](#) (Sat., June 18 - 9am-2pm)



It is powerful for children to know that they are

LOVED & ADORED

even in the midst of their worst behaviors.

- Dr. Karyn Purvis -

