

NOVEMBER 8, 2016

THIS KIND CUTIE HOPES TO BE ADOPTED BY A FAMILY THAT LIKES HUGS

Dominic, age 10, is currently in a foster home where his permanency plan is adoption, and he is searching for his forever family.



Dominic is an intelligent kiddo. He does well in school and is extremely technologically inclined—though he needs a family who will nurture this gift while maintaining structure and routine. Dominic likes to give hugs and is considerate, kind, and caring. He isn't active in sports himself, but enjoys watching sports. He is pretty versatile and willing to try new things. He has the ability to take pretty much anything apart and put it back together; He likes to build things and has an incredible amount of creativity. Dominic has a team of professionals who will help any family in meeting his needs and helping the family in providing structure and stability.

Dominic is great with pets and likes helping out with them; there have never been any concerns surrounding pets. Dominic needs structure and stability as well as an active family. He can get bored easily and needs the ability and permission to explore his creativity and inquisitive nature. Dominic would do well as an oldest child, as he to act like an older brother, and can be competitive with older kids.

COULD YOU BE THE FAMILY FOR DOMINIC?

If interested, contact Erika Troyna at Etroyna@dhs.state.ia.us.

UPCOMING TRAININGS

Date & Location	Name of Training & Trainer
Nov. 12, 2016 (9am-4:30pm) AMES	Hope For Healing: Trust Based Relational Intervention
Nov. 12, 2016 (9am-12:15pm) CEDAR FALLS	The ABC's of Early Childhood Connections: Nurturing Social & Emotional Development in Infants & Toddlers
Nov. 12, 2016 (1:15-4:30pm) CEDAR FALLS	Everything You Wanted to Know About Foster Care But Were Afraid to Ask
Nov. 12, 2016 (9am-4:30pm) COUNCIL BLUFFS	Foster Care Meets Mental Health: A Foster Parent Dilemma!
Nov. 12, 2016 (9am-4:30pm) DAVENPORT	The Grieving Process: How to Help You & Your Kids Heal
Nov. 12, 2016 (9am-12:15pm) OTTUMWA	Grrr...I'm Just So Mad, Helping Young Children Deal with Their Anger
Nov. 12, 2016 (1:15-4:30pm) OTTUMWA	Parenting the Willful Child: Helping Your Child Use Their Power for Good & Not Evil
Nov. 12, 2016 (9am-4:30pm) SHELDON	Utilizing the Nurtured Heart Approach in Helping Children with Challenging Behaviors
Nov. 19, 2016 (9am-12:15pm) CEDAR RAPIDS	Cultivating Spirituality in Youth - Even When Different from Your Own
Nov. 19, 2016 (1:15-4:30pm) CEDAR RAPIDS	Communicating with Your Child Through Play
Nov. 19, 2016 (9am-4:30pm) CHARLES CITY	Family Matters - Working with Birth Families in the 21st Century
Nov. 19, 2016 (9am-12:15pm) CHARLES CITY	Mandatory Child Abuse Reporter Training
Nov. 19, 2016 (1:15-5:30pm) SIOUX CITY	CPR and First Aid (Register & Pay Here) To avoid late fees, pay by Sun., Nov. 6
Dec. 10, 2016 (9am-12:15pm) ANKENY	Mandatory Child Abuse Reporter Training
Dec. 10, 2016 (1:15-5:30pm) ANKENY	CPR and First Aid (Register & Pay Here) To avoid late fees, pay by Sun., Nov. 27

TO REGISTER FOR A CLASS:
 CALL 800-277-8145 OR [REGISTER HERE](#)

November is National Adoption Month

Visit our [EVENTS](#) page to view upcoming adoption-related events.

7 WAYS TO CALM A YOUNG BRAIN IN TRAUMA

How can we help elementary students who have been scarred by tragedy become more receptive to learning?

By Dr. Lori Desautels

A PAST MARKED BY TRAGEDY AND TRAUMA

Max is one of my sixth-grade students. He meanders into the classroom each day carrying in a past filled with tragedy. His mother was murdered last spring and his father almost exactly a year before her. Now living with his alcoholic grandmother, Max continues to struggle with the aftermath of these tragedies.

His gait is awkward and clumsy, and he avoids eye contact with everyone. His movements are erratic as he plays with the laces on new basketball shoes, slipping them off and on every few minutes. It always feels as if his mind is far away, rarely in Room 242. Making noises, flicking wads of paper, and yelling at classmates across the room are part of his morning routine. Scanning the classroom to see who might be provoking him, he postures for a fight.

THE IMPACT OF TRAUMA

A traumatized brain can be tired, hungry, worried, rejected, or detached, and these states are often accompanied by feelings of isolation, worry, angst, and fear. The neurobiological changes caused by negative experiences trigger a fear response in the brain. When we feel distress, our brains and bodies are flooded with emotional messages that trigger the question, "Am I safe?" We react physiologically with an agitated limbic system that increases blood pressure, heart rate, and respiration as the levels of the hormones cortisol and adrenaline increase in our bodies. Chronic activation of the fear response can damage those parts of the brain responsible for cognition and learning. [CONTINUE READING](#)

MORE ON TRAUMA

[Trauma Doesn't Tell Time](#)

[Creating Trauma-Informed Classrooms](#)



Des Moines Service Area Peer Liaisons (from left to right): Jerilyn Kendig, Christie McGuire, Candice York and Michelle Johnson

PEER LIAISONS NAVIGATE THE WORLD OF FOSTER PARENTING BOTH PERSONALLY AND PROFESSIONALLY

Peer Liaisons are living the life of fostering just like you! So what can you really expect from your Peer Liaison? IFAPA Peer Liaisons will be in touch with foster parents via phone, mail, e-mail or in person at least once each fiscal quarter, they can help you navigate the world of confidentiality, provide information and resources on trainings, support groups, foster home licensing regulations, offer contacts for DHS chain of command and offer assistance with communication needs. If they do not know the answer to a question, they will help find the needed information. IFAPA Peer Liaisons will maintain confidentiality at all times.

The Des Moines Service Area (SA #5) Peer Liaisons are Jerilyn Kendig, Christie McGuire, Candice York and Michelle Johnson:

- Jerilyn has been a foster/adoptive parent for 10 years. She has been a Peer Liaison for over one year and serves Dallas & Polk (only zip codes: 50021, 50023, 50109, 50111, 50131, 50226, 50263, 50265, 50266, 50310, 50311, 50322, 50323, 50325) counties.
- Christie has been a foster/adoptive parent for 25 years. She has been a Peer Liaison for 19 years and serves Boone, Cerro Gordo, Chickasaw, Floyd, Franklin, Hamilton, Hancock, Hardin, Mitchell, Story, Winnebago, Worth & Wright counties.
- Candice has been a foster/adoptive parent for 19 years. She has been a Peer Liaison for three years and serves Appanoose, Clarke, Davis, Decatur, Iowa, Jasper, Lucas, Mahaska, Marion, Monroe, Poweshiek, Wapello & Wayne counties.
- Michelle has been a foster/adoptive parent for seven years. She has been a Peer Liaison for over one year and serves Adair, Adams, Madison, Ringgold, Union, Warren & Polk (only zip codes: 50009, 50035, 50073, 50169, 50237, 50301, 50305, 50312, 50313, 50314, 50315, 50316, 50317, 50320, 50321, 50327) counties.

[CONTACT MY PEER LIAISON](#)