

OCTOBER 25, 2011

WAITING CHILD SPOTLIGHT

Dareronota, who goes by Jerome, is a likable young man with a great sense of humor. He is outgoing, enthusiastic, loves to have fun and enjoys music. As an athletic guy, Jerome loves sports and likes to spend time outdoors. Jerome loves animals and likes to visit farms, but would prefer to live in a city.

Jerome is doing well in school. He does benefit from redirection and sometimes needs to be reminded to relax a little bit. A structured, patient, calm family that enjoys outdoor activities would be a good fit for this young man. Jerome does well with other children older or younger than himself. He would like his future parents to know that he is "a good guy" and wants to be part of a family.

Will you bring Jerome into your home and heart? For more information, contact Iowa KidsNet at 800-243-0756.



Do You Have a Child Struggling in School?

SLEEP MIGHT BE THE SECRET WEAPON FOR SCHOOL SUCCESS

Is your child having behavior problems and trouble in school? Making sure they get enough sleep may be the solution. Lack of sleep is a national epidemic for today's children, and the consequences are serious. Sleep deprivation can affect cognitive skills and academic achievement. A continuing lack of sleep is linked to serious health problems including diabetes, obesity, heart disease, depression and a shortened life span.

GreatSchools, a national nonprofit whose mission is to inspire and guide parents to become effective champions of their children's education, has written an article about the importance of sleep to a child's success in the classroom.

Read about:

- Why kids aren't getting enough sleep
- Why catching up on sleep is not a good option
- Why sleep should be a priority
- How a lack of sleep is linked to a multitude of problems, including behavior problems
- How managing your child's sleep patterns begins when a child is starting out their day
- How to avoid bedtime battles
- The seven ways to be your child's sleep advocate



Read the full article on the GreatSchools website at the following link:

<http://www.greatschools.org/parenting/health-nutrition/620-sleep-the-secret-weapon-for-school-success.gs?page=all>

TRICK OR TREAT!

Do you still need to come up with a costume idea for your child?

Check out the link below to find hauntingly easy kids' Halloween costumes, including scary costumes, funny costumes, and last minute costume ideas for your little monsters to choose from.

<http://familyfun.go.com/>



“Can You Hear Me Now?” - Learn How to Effectively Manage Behaviors in Your Home

Sat., Nov 19 1pm-4:15pm 3 hours Dubuque-Keystone AEA

CPR and First Aid *(Registration deadline is one week prior to date of class)*

Sat., Nov 5 8am-12:15pm 4 hours Ames-To Be Announced

Sat., Nov 5 1:15pm-5:30pm 4 hours Ames-To Be Announced

Sat., Nov 5 12:00pm-4:15pm 4 hours Davenport-To Be Announced

Sat., Nov 12 8am-12:15pm 4 hours Sioux City-To Be Announced

Sat., Nov 12 1:15pm-5:30pm 4 hours Sioux City-To Be Announced

Dangerous Playgrounds - Drug Awareness and Trends

Sat., Nov 19 9am-4:30pm 6 hours Iowa City-Clarion Hotel

Sat., Dec 3 9am-4:30pm 6 hours Mason City-NIACC

Decoding the Mystery of ADHD

Sat., Nov 19 9 am-12:15pm 3 hours Council Bluffs-Country Inn

**Managing Your Child/Teen’s Behavior:
7 Ways to Foster Love, Respect & Communication**

Sat., Dec 3 9am-4:30pm 6 hours Ames-Ames Public Library

Mandatory Child Abuse Reporter Training

Sat., Nov 5 9am-12:15pm 3 hours Ames-Country Inn & Suites

Sat., Nov 5 1:15pm-4:30pm 3 hours Ames-Country Inn & Suites

Sat., Nov 12 9am-12:15pm 3 hours Sioux City-NW AEA

Sat., Nov 12 1:15pm-4:30pm 3 hours Sioux City-NW AEA

**Snakes, Snails and Puppy Dog Tails...
(I’ll Take the Snakes!): Raising Boys**

Sat., Nov 12 9am-12:15pm 3 hours Waterloo-Hawkeye College

Sat., Dec 3 9am-12:15pm 3 hours Sioux City-NW AEA

**Sugar, Spice & Everything Nice...
(Ya, Right!): Raising Girls**

Sat., Nov 12 1:30pm-4:45pm 3 hours Waterloo-Hawkeye College

Sat., Dec 3 1:30pm-4:45pm 3 hours Sioux City-NW AEA

Transitioning Resources: A Toolbox for Transitioning

Sat., Nov 19 9am-4:30pm 6 hours Ankeny-IFAPA Training Center

Sat., Dec 10 9am-4:30pm 6 hours Cedar Rapids-Best Western LB

Working with Birth Families

Sat., Dec 10 9am-4:30pm 6 hours Davenport-Clarion Hotel

Worrywarts and How You Can Help Them: Understanding Anxiety Disorders in Children

Sat., Nov 19 1:30pm-4:45pm 3 hours Council Bluffs-Country Inn

Sat., Dec 10 1:30pm-4:45pm 3 hours Ankeny-IFAPA Training Center



**IT’S TIME TO TACKLE
YOUR TRAINING HOURS!**

TRAINING SPOTLIGHT:

Working with Birth Families (6 hrs credit) - This training will explore the role of foster parents in working with birth families. This training will look at how the foster parent/birth parent relationship has changed over the years and with that change the expectation that foster families become more involved with birth families to better work toward positive outcomes. This class will provide an opportunity to better understand the birth family perspective. We will examine some of the modern social issues faced by birth families and how these barriers can impact their ability to succeed. We will also examine the grief and loss process and how it affects both birth families as well as foster families. We will discuss strategies for working more effectively with birth families to achieve more positive outcomes for children in foster care. **Trainer: Mike McGuire**

How to Register for a Class:

All of the following classes are free to all foster, adoptive and kinship parents with the exception of CPR and First Aid. To register for a class, call IFAPA at 800-277-8145 ext. 1 or register through the following link on IFAPA’s website: http://www.ifapa.org/training/training_registration_form.asp.

**Training Requirement
for Foster Parents**

Foster parents must complete all of their training requirements prior to the date listed below. Some classes do fill up, so please register early.

If you were licensed in the following month:	All of your training classes must be completed by the following date:
January 2011	October 31, 2011
February 2011	November 30, 2011
March 2011	December 31, 2011
April 2011	January 31, 2012