

SEPTEMBER 2, 2014



FIRST IMPRESSIONS –

Exposure to Violence and a Child's Developing Brain

This informational video illustrates the dangers of chronic exposure to violence on a child's developing brain. Combining inspirational true-life stories and nationally recognized experts, viewers are given information on a child's developmental risk if regularly exposed to domestic violence and other violent situations. Youth and adults affected by violence share how exposure to violence has impacted their lives. Experts in child psychology and social work explain the connection between exposure to violence and mental health problems. The stories and research presented detail the developmental challenges and resiliency of children who are exposed to violence.

[WATCH VIDEO](#)

SUPPORT GROUPS

Support groups are a great way to connect with other families in your area, meet potential respite providers, learn about issues that affect foster and adoptive parents and get time to recharge your batteries. For details on support group meeting times and locations, [FIND A SUPPORT GROUP](#). Most support groups also offer training for foster and adoptive parents on a variety of topics. [VIEW SUPPORT GROUP TRAININGS](#)

Before You Reach the End of Your Rope... FIVE THINGS FOSTER/ADOPTIVE PARENTS SHOULDN'T DO

Written By Pam Parish

My husband and I went through our state's IMPACT training 8 years and 6 adopted daughters ago, but I can still remember sitting there thinking, "I've got this. *That (insert behavior) isn't ever going to happen to me.*" Boy was I wrong. On this side of my journey there are so many things that I wish I had done differently, but I'm stubborn and always have to learn the hard way.

Many times when I'm speaking or training, I hear foster/adoptive parents say that they've reached the end of their rope and aren't quite sure how they got there. It's never a surprise to me to hear that they're tired, emotionally spent and mentally drained. I've been there and sometimes still find myself back there. That moment of exhaustion sneaks up on you; in the midst of doing the best you can do one day you wake up and realize that you don't feel like you have the strength to go on.

Along the way, I've discovered a few common threads that exist when we find ourselves at our breaking point and a few critical things that foster/adoptive parents shouldn't do...

#1 - Don't forsake proper training – even on topics you don't think are relevant.

It's important to educate yourself on issues of grief & loss, attachment, sexual abuse, abandonment, PTSD and many other issues related to foster care and adoption. Like me, you may think that's never going to be relevant to your family, but I can assure you that it is. Educating yourself on the issues that our children have experienced is a giant leap building a relationship with them. There are times that a child's difficult behavior has absolutely nothing to do with us, rather its a deeply ingrained response based out of fear, neglect and abuse. However, if we don't understand the unique behavioral implications of adoption and foster care we can't understand our children's behavior. Without proper understanding, we can't properly respond and instead will react out of frustration and exhaustion. Spend time educating yourself now – it could save you many sleepless nights later...[CONTINUE READING](#)

SEPTEMBER TRAININGS

WESTERN SERVICE AREA TRAININGS

DATE	TIME	LOCATION	TRAINING	CREDIT
Sept. 6	9am-4:30pm	Sioux City	Stick to It: Maintaining a Placement	6 hours
Sept. 13	9am-12:15pm	Council Bluffs	Six Principles of the Individuals with Disabilities Education Act (IDEA)	3 hours
Sept. 13	1:30-4:45pm	Council Bluffs	An IEP on IEPs: Parents as Partners in Process & Product	3 hours
Sept. 27	9am-12:15pm	Council Bluffs	Mandatory Child Abuse Reporter Training	3 hours
Sept. 27	1:30-4:45pm	Council Bluffs	Planning for the Unpredictable: Preparing for Natural Disasters	3 hours
Sept. 27	9am-12:15pm	Sioux City	Six Principles of the Individuals with Disabilities Education Act (IDEA)	3 hours
Sept. 27	1:30-4:45pm	Sioux City	An IEP on IEPs: Parents as Partners in Process & Product	3 hours

NORTHERN SERVICE AREA TRAININGS

DATE	TIME	LOCATION	TRAINING	CREDIT
Sept. 13	9am-12:15pm	Cedar Falls	Decoding the Mystery of ADHD	3 hours
Sept. 13	1:30-4:45pm	Cedar Falls	Worrywarts...Anxiety Disorders in Children and Teens	3 hours
Sept. 20	9am-12:15pm	Waterloo	Bullying – What’s a Parent to Do?	3 hours
Sept. 20	1:15-5:30pm	Waterloo	CPR and First Aid (Cost: \$40 - To avoid late fees pay by Sept. 12)	4 hours
Sept. 27	9am-4:30pm	Cedar Falls	Working with Birth Families	6 hours

EASTERN SERVICE AREA TRAININGS

DATE	TIME	LOCATION	TRAINING	CREDIT
Sept. 13	9am-4:30pm	Davenport	From Fear to Love: Beyond Consequences II	6 hours
Sept. 27	9am-4:30pm	Burlington	Putting the Myths & Misunderstandings on Childhood Sleep Disorders to Bed	6 hours

CEDAR RAPIDS SERVICE AREA TRAININGS

DATE	TIME	LOCATION	TRAINING	CREDIT
Sept. 6	9am-12:15pm	Cedar Rapids	Through the Looking Glass: Life through the Filter of Personality Disorders	3 hours
Sept. 6	1:30-4:45pm	Cedar Rapids	Get Me Off This Roller Coaster: Coping Skills for Emotional Intensity Issues	3 hours
Sept. 20	9am-4:30pm	Cedar Rapids	What are You Trying to Tell Me? Responding Effectively to Troubling Behaviors	6 hours
Sept. 27	1:15-5:30pm	Ottumwa	CPR and First Aid (Cost: \$40 - To avoid late fees pay by Sept. 12)	4 hours

DES MOINES SERVICE AREA TRAININGS

DATE	TIME	LOCATION	TRAINING	CREDIT
Sept. 6	9am-4:30pm	Ankeny	Don't Worry About It! Anxiety, Panic and OCD	6 hours
Sept. 13	9am-12:15pm	Indianola	"Quirky Kids": Living with Young Children with Challenging Behaviors	3 hours
Sept. 13	1:30-4:45pm	Indianola	Facilitating Attachment in Foster and Adopted Children	3 hours
Sept. 20	8am-12:15pm	Ames	CPR and First Aid (Cost: \$40 - To avoid late fees pay by Sept. 12)	4 hours
Sept. 20	1:30-4:45pm	Ames	Mandatory Child Abuse Reporter Training	3 hours
Sept. 27	9am-12:15pm	Ankeny	Through the Looking Glass: Life through the Filter of Personality Disorders	3 hours
Sept. 27	1:30-4:45pm	Ankeny	Get Me Off This Roller Coaster: Coping Skills for Emotional Intensity Issues	3 hours

[VIEW ENTIRE FALL TRAINING SCHEDULE](#)

[REGISTER FOR A TRAINING HERE](#) OR CALL IFAPA AT 800-277-8145 EXT. 1

IFAPA'S FALL CONFERENCE - OCTOBER 17 & 18, 2014

DID YOU HEAR IFAPA IS HOSTING A FALL CONFERENCE IN WATERLOO? [GET THE DETAILS HERE!](#)

CPR/FIRST AID CARD CHANGE

Beginning September 1, 2014 IFAPA will be switching from a Heartsaver CPR/First Aid course to a Friends and Family CPR course and a Heartsaver Pediatric First Aid course. What does this mean for you?

1. You will be learning the exact same skills with the new courses. You will still learn breaths and compressions for infants and children and compression only CPR for adults. CPR will cover basic first aid skills for children and teens.
2. The cost and time frame of the course will not change. The CPR/First Aid course will still cost \$40.00 per person and will still be worth 4 hours of foster parent training credit.
3. The card you receive will change. Rather than having to wait for your card to arrive in the mail you will be receiving it at the end of your course. It will now be stapled to IFAPA's pink certificate. Your Iowa KidsNet support worker will need both the card and the certificate at the time of your license renewal.
4. The CPR course IFAPA offers is no longer a certified course. Our courses meet the requirements for foster care licensing, but may not be appropriate for other licensing situations (i.e. childcare, nursing, EMT, etc.).
5. You will not need to retake a CPR/First Aid Course that you have completed with IFAPA. The change in cards, DOES NOT impact a current course. Please submit it to your IKN Support Worker for your licensing. The next time you take a course with IFAPA your card will be different.