

APRIL 18, 2017

WHAT EVAN WANTS MOST IS A FAMILY



Playing with Legos and puzzles. Rolling a perfect strike at the bowling alley. Running in the backyard with his beloved dog.

These are all moments 11-year-old Evan dreams of experiencing with his forever family.

Evan's fun and quirky personality shines through to anyone he meets. The adults in his life say Evan is outgoing, and he loves getting to know new people. His quick smile is the first thing friends notice about him.

Families from any state will be considered for Evan. He will do best in a home in which he is the youngest child. Potential parents should provide a structured, patient environment to best support Evan.

This bright-eyed boy loves to learn new things each day and he enjoys school. An Individual Education Plan helps Evan stay on track in his classes, and it helps the adults in his life work together to ensure his success.

What Evan wants most is a family. A family to play games with him. A family to take him to the mall. A family to love him unconditionally. It's not too much to ask. Perhaps your house could be the place Evan calls home.

[**REQUEST MORE INFORMATION**](#)

\$500 GRANTS PROVIDE OPPORTUNITIES TO IOWA TEENS IN FOSTER CARE

Teens in foster care (age 14 & up) can apply for a Friends grant up to \$500 per fiscal year. IFAPA has received special money from Chaffee Funds for teens in foster care that can only be requested through June 30, 2017. This funding is for all teens in a foster care placement including shelter, foster family homes, group care, & supervised apartment living. For the application and to view items covered by the Friends of Children in Foster Care program, [CLICK HERE](#).



HOW CARING FOR LIVING THINGS HELPS KIDS BUILD EMPATHY

Before leaving for preschool this morning, my four-year-old checked on her jar of ladybug larvae, watered her little flower garden and shared a bagel with her little brother. She may not know the term, but she was practicing empathy.

Empathy is a skill – one that we can cultivate and strengthen with practice. It requires us to imagine how someone else is feeling and then respond in a caring manner. Picture book author Anna Dewdney offers this wonderful definition: "Empathy is an understanding that other people have feelings, and that those feelings count."

When kids care for living things – from babies to animals to plants – they exercise their empathy muscles. They learn through experience that 1) everything has needs; 2) these needs are not always identical; and 3) they can help meet those needs.

[**CONTINUE READING**](#)

UPCOMING TRAINING FOR YOUTH AND FOSTER PARENTS

HUMAN TRAFFICKING IT IS HERE AND THRIVING IN IOWA!

This training is geared to both youth and foster parents/caregivers, and will consist of a candid discussion on how Human Trafficking operatives work, impact on victims, and how people serving youth can identify and respond. Iowa examples and stories will be shared to clarify situations. This presentation also contains statistics of trafficking trends, and video testimonials of actual victims of Human Trafficking. National statistics show that 68% of youth coming out of "the life" experienced the child welfare system at some point in their lives so we need to protect youth from the system.

Trainer: Ruth Buckels, LMSW

TRAINING LOCATIONS:

ANKENY

Saturday, April 22, 2017

9am-4:30pm*

This Human Trafficking training is part of a special event happening in Ankeny to help prepare teens for a secure journey to adulthood.

EVENT IS WORTH 6 HOURS FOSTER PARENT CREDIT

[VIEW FLYER TO LEARN MORE](#)

SIoux CITY

Saturday, June 10, 2017

9am-12:15pm

TRAINING IS WORTH 3 HOURS FOSTER PARENT CREDIT

BLOOMFIELD

Saturday, June 24, 2017

9am-4:30pm

This Human Trafficking training is part of a special event happening in Bloomfield to help prepare teens for a secure journey to adulthood.

EVENT IS WORTH 6 HOURS FOSTER PARENT CREDIT

[VIEW FLYER TO LEARN MORE](#)

WHEN YOUR CHILD GETS ANGRY: HERE'S YOUR GAMEPLAN...

When our kids get angry, it pushes buttons for most of us. Many parents send an angry child to her room to "calm down." If we send our angry child to his room, he will indeed calm down, eventually. He'll also have gotten some clear messages. [CONTINUE READING](#)

ADHD AND ANGER WHAT YOU NEED TO KNOW

By The Understood Team

If your child has ADHD and also goes through frequent episodes of anger, you may not think the two could be related. But temper flare-ups are common with ADHD. These episodes aren't just unpleasant—they can have lingering consequences.

Kids with ADHD often find themselves in stressful situations created by their attention issues. They may be highly sensitive, but they may also have a hard time expressing their emotions. So when they have an angry outburst they may feel bad about it long after you've moved on.

Here are some reasons why your child with ADHD might be struggling with anger, and how you can help her handle this difficult emotion.

ADHD AND STRESS BUILDUP

Many kids with ADHD have negative experiences during the school day that parents don't hear about. Imagine a day that goes like this:

Your child arrives at school without her homework and the teacher wants to know why. Later, she can't remember the directions for her worksheet, so she can't complete it. At lunch, she gets teased by some kids she doesn't know. And during the last period of the day, she gets called out for distracting a classmate.

Now she's come home and faces more tasks, which means more things that might go wrong. She's already had a stressful day, but you don't know that. You send her to make the bed she forgot to make that morning. Instead of taking it in stride, she becomes overwhelmed and erupts in anger.

[CONTINUE READING](#)