

DECEMBER 19, 2017



## Happy Holidays from IFAPA!

Here are some links from the Wisconsin Dept of Children and Families on Celebrating the Holidays with the Children you Foster:

[To Search or Not to Search](#)

[Planning Ahead: Working Together for Successful Interactions](#)

[Changing Role of Caregivers: Grandparents](#)

[Talking to Your Children about Their Birth Parents](#)

[Shared Parenting: Putting the Needs of Children First](#)

[Life Books: A Lifelong Priceless Treasure](#)

[Sustaining & Strengthening the Sibling Bond](#)

[Return To Tip Sheets Home](#)

## Helping Kids Cope with Holiday Frustrations:

Navigating the holidays can be hard for many kids with learning and attention issues. Kids often face demands during the holidays that they might not normally face. Large gatherings. Long meals. Interactions with different people in new situations. And for some, there are unspoken (or even spoken) comparisons to other kids.

These demands don't only make holidays stressful. They can also lead to behavior issues. One way to avoid problem behavior is to help your child identify holiday challenges and brainstorm strategies ahead of time.

This downloadable worksheet can help your child do just that. It includes a checklist of common holiday challenges. Your child can go through the list and mark off ones that apply—or come up with additional ones. If your child is young, you can work on it together.

The worksheet also includes strategy charts. Have your child fill out one for each challenge marked on the checklist. These charts have three sections: My Challenge, What Usually Happens, and What I Can Do Instead. (See the bottom of the worksheet for an example.) You may have to help your child come up with strategies. For ideas, explore tips to help with:

[Gift exchanges](#)

[Social situations](#), like meeting and greeting

[Food sensitivities](#)

[Restrictive clothing](#)

[Cabin fevers.](#)

[Understanding and participating in holiday traditions](#)

Thinking through challenges (while also recalling holiday successes from the past) is a great way for your child to build self-awareness. And planning strategies in advance can help your child feel more in control when holiday challenges come up.

# Building Bridges of Hope After Loss: A Self-Directed Workbook for Foster Parents

The National Foster Parent Association, in partnership with Hazelle Tanag, MSW and Dr. Eileen Mayers Pasztor, DSW, is proud to introduce [Building Bridges of Hope After Loss: A Self-Directed Workbook for Foster Parents](#).

Building Bridges of Hope After Loss is a self-directed workbook aimed to provide support for foster parents who are grieving the loss of children who joined their families but had to leave either to meet the requirements of the court's permanency plan or other reasons. The learning objectives focus on learning: (a) what permanency is, (b) the benefits of family reunification, (c) the dynamics of grief and loss, (d) the symptoms associated with grief and loss, (e) coping strategies, and (f) activities that help families say good-bye to children who leave them and become "loss managers."

This resource uses a self-directed design so that foster parents can work with this resource on their own, with other members of their families and/or other social workers or other service providers. This workbook includes both activities and resources for future support.

The golden rule of parenting  
really needs to be  
DON'T take it personally,  
because when we do,  
we react from that wounded  
place and it seldom goes  
well from there.

Bridgett Miller



FB/TrueGrowthParenting

## EDUCATIONAL APPS FOR KIDS

Did you know more than 80,000 apps are labeled as educational, but little research validates their quality? An interactive product requires more than "pushing and swiping" to teach. Look to organizations like [Common Sense Media](#) that review age-appropriate apps, games, and programs.

### APPS FOR YOUNG LEARNERS

[Avokiddo ABC Ride](#) (For ages 3+)

[Moose Math](#) (For ages 4+)

[MarcoPolo Weather](#) (For ages 3+)

[Doodle Math: Shapes](#) (For ages 3+)

[Endless Alphabet](#) (For ages 3+)

[Endless Numbers](#) (For ages 3+)

[Lazoo Art Box App](#) (For ages 3+)

### SPECIAL NEEDS GUIDE

No matter which hurdles your kid faces, the apps and other media included in this guide can give him or her an added boost.

[View the Special Needs Guide](#)

### EDUCATIONAL VIDEOS

Super Simple Songs are easy-to-learn, super fun songs for children. The songs are appropriately paced for children with developing motor skills, and full of room for gestures and dancing to help kids interact with the lyrics. Visit the [Super Simple Learning Website](#) for songs, activity ideas, worksheets, flashcards, CDs, DVDs, and more.



[Watch Super Simple Videos on You Tube](#)  
[The Super Simple Songs YouTube Channel has over 3 billion views!](#)