

JULY 24, 2018

## 10 Things To Do BEFORE School Starts

A successful school year begins in July. An unsuccessful one begins the first day of classes. Set up your child for success by reviewing his IEP or 504 Plan, developing organization systems with him, communicating with teachers, and more during the summer months.

### 1. Review your child's current IEP or 504 Plan

The accommodations our children with ADHD receive will need to reflect the challenges of the new school year. Consider which educational goals have been met, and any remaining trouble spots. One thing to do before school starts is schedule a team meeting. Bring report cards, notes from the teacher, tests—anything to illustrate your child's current achievement levels. Discuss what worked last year and the accommodations and goals you'll focus on this year.

### 2. Scout the School

Doing a walk through of the school before the school year starts will reduce a child's anxiety. Locate her classroom and look over the desk arrangement. Find the bathrooms, auditorium, nurse's office, and gym. If your child travels from class to class, walk her through her schedule.

### 3. Organize School Systems Together

Determine your child's biggest organizational challenges and come up with solutions before classes begin. Visit an office supply store and check out the materials designed for organizing papers, supplies, and time. Choose systems that will be easy enough for your child to manage at school and at home. For example, if you know he loses his homework, buy pocket folders and label them for work to be completed on the left, finished work on the right. If he can't find books in his locker, buy a locker shelf and encourage him to organize books according to his daily class schedule.

[Click Here to Read the other 7 Steps](#)

## AUGUST 18

IS IFAPA'S  
ADVENTURELAND  
FUN DAY!

JOIN US AND GET  
TICKETS AT CLOSE  
TO HALF PRICE!

EVERYONE WHO  
ORDERS TICKETS  
WILL BE ELIGIBLE  
FOR PRIZES  
INCLUDING AN  
IFAPA PICNIC  
BASKET, LUNCH  
BAGS, T-SHIRTS AND  
MORE...

Have You  
Ordered Your  
Adventureland  
Tickets Yet?

ORDER TICKETS ONLINE

**Grant Funds Available for Kids  
in Foster Care up to Age 13**  
[Click Here for an Application](#)



# Upcoming IFAPA Trainings

July 28, 2018

## [Dangerous Playgrounds 2.0: Drug Awareness and Trends](#)

**6 Hours of Training Credit**

Ankeny, 9am-4:30pm

August 4, 2018

## [Utilizing the Nurtured Heart Approach](#)

**6 Hours of Training Credit**

Coralville, 9:00 a.m. to 4:30 p.m.

August 11, 2018

## [The Brain: Normal Development Verses Brain After Trauma](#)

**6 Hours of Training Credit**

Council Bluffs, 9am-12:15pm

August 11, 2018

## [The Magic of Healing the Brain and Fostering a Secure Attachment](#)

**6 Hours of Training Credit**

Council Bluffs, 1:15—4:30 p.m.

August 11, 2018

## [How to Talk So Kids Will Listen](#)

**6 Hours of Training Credit**

Ankeny, 9am-12:15pm

August 11, 2018

## [Don't Give Up On Me](#)

Ankeny, 1:15—4:30 p.m.

## [REGISTER FOR A TRAINING](#)

## Fostering A Child Whose Sibling(s) Live Elsewhere

When siblings enter foster care, the goal is to keep the children together whenever possible. Sometimes, however, this cannot happen for a variety of reasons. If you find yourself fostering a child whose siblings are living somewhere else, there are ways you can support, connect, and assist that child through the emotions and confusion that may come up.

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# 9 Nutrition Tricks for Picky Eaters



**Children with ADHD or sensory issues often turn up their noses at new, healthy foods. Learn how to get your chicken-nuggets-or-nothing picky eater the nutrition she needs.**

1. **Mealtime Battles:** Most children initially turn up their noses at new, healthy foods—and children with ADHD are no exception. In fact, sensory issues or ODD can make our kids even pickier than average. If your child is taking medication on top of a finicky palate, it can suppress her appetite even further—making it tough for her to get the nutrients she needs. If you have a picky eater on your hands, try these tips to keep your child well fed, happy and healthy—without fights.
2. **Make Food Fun**—For younger children especially, presentation can really impact whether a food gets eaten. Cut food into funny shapes using cookie cutters, or take a few seconds to make a fruit happy face on top of his pancakes. Serve veggies with an assortment of tasty dips, so your child can take his pick and feel in control of the meal. Check out some fun and easy food ideas for kids here.
3. **Respect Your Child's Appetite**—If your child isn't hungry at dinnertime but is ravenous at 8:00 p.m., don't pick a fight. Have healthy, filling food available when she wants it—even if it doesn't fit into your family's schedule.
4. **Hide Nutrition Anywhere You Can**—Some children with ADHD are such picky eaters, they won't even look at anything green. Parents have to be creative and sneak veggies into the foods they will eat. If your child loves fruit, whip up a healthy smoothie with berries and low-fat yogurt—and throw spinach into the blender. She won't even know it's there!

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