

JULY 26, 2017

Is Your Child Prepared for Their First Cell Phone?

For many parents, giving their child their first cell phone can be intimidating. Unlike driving, there's no set age for teens to start having access to their own cell phones. The right time to get a cell phone is different for every student, but once your student has one how can you ensure that they stay safe? From social media apps, to internet access, to unlimited texting capabilities, it can feel overwhelming for parents. So, we asked 5 experts to share their best tips parents can use for keeping kids safe before and after giving them their first phone.

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Sensory Benefits of Sand Playing

It's that time of year again. The sun is shining, the temperatures are rising and the kids are starting to stir. What could be a better summer activity than Sand Play? We all know how fun sand play can be, but did you know the sensory benefits that can be found from a day at the sand lot with your favorite sand toys?

Sand Play lends itself to a multitude of sensory activities and benefits. Most of us think of sand play as a very tactile (touchy/feely) activity and don't realize how much more sand play is actually benefiting our children's sensory systems.

A child receives and interprets information through their 7 senses, allowing them to make meaning and organize their world. Without proper sensory integration, children are unable to self regulate, attend to activities, or function like their peers in social situations. That is why, today, I am going to share just a few of sensory benefits of sand play.

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IFAPA's Annual Foster and Adoptive Families Appreciation Day at Adventureland Park—Altoona Saturday, August 19, 2017

On Saturday, August 19th, IFAPA will be hosting our annual day of fun at Adventureland for foster, adoptive and kinship families. Tickets are available to purchase through IFAPA at discounted prices. You can find the order form on IFAPA's website: www.ifapa.org or [click here to buy tickets online](#).

Payment Methods Accepted—Families can order their Adventureland tickets online and pay by credit card. If you plan to pay with a credit card, all ticket orders/payments must be completed through the link on IFAPA's website (no credit card orders will be accepted over the phone or in-person). Families who wish to order their tickets and pay with a check or money order, can mail in or drop off the registration / ticket order form with their payment.

DEADLINE: All ticket orders must be submitted no later than Monday, Aug. 14th.

Upcoming IFAPA Trainings

Utilizing the Nurtured Heart Approach in Helping Children with Challenging Behaviors

Utilizing the NURTURED HEART APPROACH in Helping Children with Challenging Behaviors The Nurtured Heart Approach® is a set of core methodologies originally developed for working with the most difficult child or teen. It has a proven, transformative impact on every child, including those with behavioral diagnosis such as ADHD, Autism, Asperger's Syndrome, Oppositional Defiant Disorder, and Reactive Attachment Disorder – almost always without the need for medications or long-term treatment. Parents will discover how easy it is to not only improve their situation with a challenging or difficult child, but to transform the child through the awareness that their intensity is actually the source of their greatness.

Approved for 6 Hours of Foster Parent Credit

July 29 - Iowa City 9:00 a.m. to 4:30 p.m.

******Act Fast—Only 10 spots left******
[Click here to Register](#)

Parenting the Willful Child

Being willful is often seen as a bad thing. Being willful, actually, often leads to being self-motivated and determined. This class will focus on parenting strategies for children who are often seen as “difficult”. We will discuss the importance of moving away from trying to “break” their will and joining with them in a positive relationship. We'll explore giving appropriate choices and avoiding power struggles. Parenting a willful child can be frustrating, but our goal is to try to work with the child's strengths instead of against them. Approved for 3 Hours of Training Credit

September 23 - Cedar Falls 9am-12:15 pm

October 7 - Ankeny 9am-12:15 pm

[Click Here to Register](#)

Building Relationships Through Play

This course will introduce parents and professionals to the use of play to build healthy relationships with children across the age spectrum. Through direct experiences participants will learn and practice together many different games, activities, and techniques to build relationships with children of any age. Come prepared to have some fun and to play together!

Approved for 3 Hours of Foster Parent Credit

August 26 - Ankeny 9am-12:15 pm

[Click here to Register](#)

Quirky Kids—Practical Strategies for Living with Young Children with Challenging Behaviors

Adopted children and children in foster care often come to us with significant behavioral problems. These may include Attention Deficit Hyperactivity Disorder, aggressive behaviors towards others and/or other mental health problems. Parenting children with these issues can be challenging. This session is designed to provide foster and adoptive parents with information about challenging behaviors in young children and to help parents develop more successful parenting strategies.

Approved for 3 Hours of Foster Parent Credit

August 26 - Ankeny 1:15 - 4:30 pm

[Click Here to Register](#)

The Magic of Healing Brain and Fostering a Secure Attachment

When a child has been removed from their home or has experienced a trauma we are told about the negative effects on the brain. It is often thought of as impossible to break through and work towards healing and acquiring a secure attached relationship. Together we will explore activities that will work towards healing the traumatized brain and towards creating a healthy secure attachment. These activities will be taught and practiced. We will discuss how to modify these activities from infants through teenagers as it is never too late to intervene and try to change your relationship.

Approved for 3 Hours of Foster Parent Credit

September 23 - Cedar Falls 1:15- 4:30 p.m.

October 7 - Ankeny 1:15- 4:30 p.m.

[Click here to Register](#)