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♥ ATTACHING ♥

Through Love, Hugs, and Play

Written By Deborah D. Gray

Using fun and games to connect with your child can reduce stress for both of you and lead to a secure, enjoyable relationship. A leading attachment therapist explains playful yet powerful ways to build lasting bonds.

[READ ARTICLE](#)

(Source: Adoptive Families Magazine)

Angry Child Outbursts: 10 Essential Rules for Dealing with an Angry Child

By [Carole Banks, LCSW](#)

If you're a parent, it is a certainty that you have had to deal with an angry child. Often, we end up in shouting matches with our kids, or we freeze up, not knowing what to do when an angry outburst occurs.

Anger is a normal emotion in kids and adults alike. But how we express and deal with our feelings of anger is the difference between living in relative peace and feeling like we are at our wits' end.

Learning to manage angry children and teens is an ongoing process and an important skill to learn. Read on to learn our top 10 rules for dealing with an angry child.

1. Don't Yell At or Challenge Your Child When He's Angry

Many times parents deal with angry outbursts by challenging their kids and yelling back. But this will just increase your feeling of being out of control. The best thing you can do is remain calm in a crisis.

Think of it this way: even if you get into a car accident and the other driver jumps out and is furious at you, if you can remain calm, they will probably start to relax and be reasonable. But if you come back at them with an aggressive response, and say, "What are you talking about, that was your fault," the tension just stays at that heightened place. So don't challenge your child when he's angry. That's just adding fuel to the fire. Instead, patiently wait until he calms down.

2. Don't Try to Reason with Your Child When He's in the Middle of a Tantrum, Tirade, or Angry Outburst

Many parents I talk with fall back on logic when their kids are angry. After all, as adults, we reason through things to defuse tense situations. But, reasoning with an angry kid is always a challenge because they don't have the same capacity as we do to stop and reason.

So when you're dealing with your angry child, you have to leave that verbal place where you feel pretty comfortable and use different techniques. Saying, "Why are you mad at me? You were the one who forgot your homework at school," will only make your child angrier. Instead, wait until he calms down and then talk it through later. [Read More](#)

IFAPAS APPRECIATION DAY!

IFAPA's Appreciation Day for Iowa's foster, adoptive and kinship families will be held at Adventureland Park in Altoona on Sat., Aug. 17th.

FAMILY TICKETS: \$26 per ticket for all immediate foster and adoptive family members ages 4 and older living in your home. All children under age 3 are FREE!

GUEST TICKETS: \$29 per ticket for other family members (not living in your home) or friends.

[ORDER TICKETS ONLINE](#)

Partnering With Birth Parents

The most successful foster caregivers understand their role goes beyond supporting the children in their care to supporting the children's families as a whole. Many factors may influence how you interact with a birth family, including your agency's approach and the supports and training you receive as a caregiver.

Building Connections From the Start

Making connections with birth parents as soon as possible and keeping communication open and honest from the start can help build a strong and ongoing partnership. Below, birth and foster parents discussed important points to consider along the way.

Communicate early and often. More is better. Keep it real.

When safe and if case plans allow, foster parents should meet birth parents as early as the initial day of placement to exchange essential information about the child and to help ease any worries about foster care. Try putting yourself in the birth parent's shoes and think about what you would want to know about the people caring for your child. Regular check-ins through emails, phone calls, texts, photo sharing, etc., can help birth parents feel closer to their children, build trust with you, and encourage reunification.

A birth parent who had been involved with child welfare and who is now a birth parent advocate talked about facilitating CHAT (Communicating History and Transition) meetings as a way to encourage communication. "It's a time for both parties to ask whatever questions they want. It's a safe environment. Some foster parents don't want to do it, because they already have a picture of how this (birth) parent is. I have pushed hard for [foster parents] to be able to have these CHATs so they can understand [the process] is all about reunification, and if they want adoption, they're in the wrong place. I love holding these meetings and making sure [birth] parent voices are heard. I ask what the [foster] parent needs from the birth parent and what the birth parent needs from the [foster] parent to have a successful transition to reunification."

14 Ways to Help Your Child With ADHD Make Friends

Set your child on the path to positive peer relationships

Your son storms in. His bedroom door slams shut. He's had another tough day — picked last in gym class, excluded from dodgeball, or laughed at behind his back. Maybe the older kids on the bus were teasing him again, or maybe no one said a word to him at all. Regardless, it hurts you almost as much as it hurts him — which is a lot.

The social challenges our kids face are heartbreaking — in no small part because we know they're keeping so much hidden because they're embarrassed or ashamed or tired of feeling vulnerable.

The fact of the matter is that children with ADHD are routinely alienated. Some struggle to decipher social cues. Others act much younger than their peers. And still others suffer because of their impulsivity — blurting out or interrupting without meaning to.

But parents can help their kids form lasting friendships with peers who will appreciate their greatest attributes and provide support when they need it most, using these strategies.

1. Define the skills.
2. Explain group dynamics.
3. Role play.
4. Find the right playmates.
5. Schedule a playdate.
6. Use a behavioral report card.
7. Help kids stop interrupting.
8. Ask teachers for help.
9. Tease proof your child.
10. Set a good example.
11. Try a social skills training program.
12. Stay positive.
13. Create special moments at home.
14. Don't forget to embrace your child's differences.

For more details on each of these strategies, download the flyer from ADDitude Magazine by clicking [here](#).

IFAPA is MOVING. Beginning July 1, IFAPA will be moving around the corner—to the building next door.

New address:

6900 NE 14th St, Suite 25, Ankeny

IFAPA will be located within the Four Oaks office along with the Training Center.