

JUNE 25, 2019

IFAPA is MOVING.

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

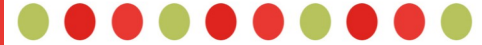
New address:

6900 NE 14th St, Suite 25, Ankeny

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

Adventureland

Tickets



IFAPA's Appreciation Day for Iowa's Foster, Adoptive and Kinship Families will take place on Saturday, August 17! Families are able to purchase tickets from IFAPA at greatly reduced rates!!

All ticket orders must be received no later than Monday, August 13. Click the link below to go to IFAPA's events website to order your tickets. We hope to see you there.

[ORDER TICKETS ONLINE](#)



What is Dyscalculia?

What is dyscalculia? Is it really “dyslexia for numbers”? Use this one-page fact sheet to get essential information about this math learning issue. You can read the fact sheet below or print it out and give it to teachers, family members and anyone else who wants to understand why some students struggle so much with math. (Click on the download link below to print the fact sheet.)

See more examples of [classroom accommodations for dyscalculia](#) and learn [how kids qualify for them](#).

Dyscalculia Fact Sheet ([View Full Size](#) / [Download](#))



SURVIVING SUMMER: THE GUIDE FOR PARENTS OF EXTREME CHILDREN

By Brynn Burger

"The heat, the lack of schedule, the food, the break from school — it is the stuff of nightmares for our kiddos who thrive on schedules, predictability, and a carefully monitored diet and screen time." 5 sanity-saving strategies to make it through the summer.

I write a lot about raising a child with extreme behavior disorders. For other special needs parents like myself, the idea of spending two hot months trapped at home with our children and their behaviors incites household-wide panic.

The heat, the lack of schedule, the food, the break from school — it is the stuff of nightmares, my friends. Our supremely awesome kiddos — you know, those with attention deficit disorder (ADHD or ADD), ASD, GAD, ODD, SPD, and other diagnoses that affect mood, behavior, and sensory needs — thrive on schedules, predictability, and monitored diet and screen time. By day three, many of us have succumbed to the normality of giving ourselves 15 minutes of peace and quiet, courtesy of kids' YouTube and the iPad. I mean, for the love of meltdowns, there is no amount of coffee and boxed wine that could get me through this time of year without a few major meltdowns from my child with ADHD (and myself).

Special needs parents know that there is no foolproof, magic solution for chilling out our kiddo, but here are five strategies that have been tested and approved in our own home to preserve what little is left of your sanity bustle (see: completely insane freak-out zone) of the summer season.

1. Set a Schedule, Even if It's Vague

We know our kids need the predictability that comes with a schedule. So even if all you do is tell them in the morning three things they will be doing (some kids need times, others need references like, "after lunch we will..."), this will be helpful to prep them for returning to the more strict schedules provided by the public school system and, hopefully, weed out some of their anxiety that comes with their return in August. For our son, schedule is *key*. So, I used to be super prepared and had a Melissa and Doug Calendar that had special pockets for our activities and clocks with the time. Then I had another kid. So, yes, there's that. Now, we do a simple Dollar Store dry erase board with the day's activities. Sometimes he can pick; other times the board makes for an easy way for him to lose a privilege should the need arise.

2. Decrease the Screen Time (Like, Yesterday)

[Click Here to Continue Reading](#)

Understanding the Effects of Maltreatment on Brain Development

The Child Welfare Information Gateway has released a new publication with information about brain development and how abuse and neglect affect brain development. This publication will help readers understand the emotional, mental, and behavioral impact of abuse, neglect, and trauma on children in the child welfare system.

[VIEW PUBLICATION](#)

Live Webinar on July 16 Worry Less: Managing Anxiety in Children and Adolescents with ADHD & Learning Differences

Register below for this free expert webinar to learn how to manage anxiety for children and teens with ADHD, on Tuesday, July 16th, at 1 pm ET. Sign up and you will receive the free webinar replay link after 7/16 as well! Not for foster credit.

Anxiety is common among school-aged children, and those with ADHD are at higher risk than their peers. Children may be anxious because their attention deficit disorder makes life difficult, or they may have aggravated attention problems because of an underlying anxiety disorder. The importance of a proper evaluation to distinguish the primary diagnosis — anxiety or ADHD — is critical to managing symptoms as a child grows. Remember that anxiety in a family member will affect everyone else. [Click Here](#) to read more and register for this webinar.