

JUNE 5, 2018

## HOW MUCH DID YOUR KID COST?

Okay, here comes another "Single Dad Ranting" post. You may laugh, but hopefully only because you see the idiocy and carelessness of some people, bless their hearts. Please, though, this is something that I'm very serious about, and I hope you'll listen in.

What do you notice about this photo?

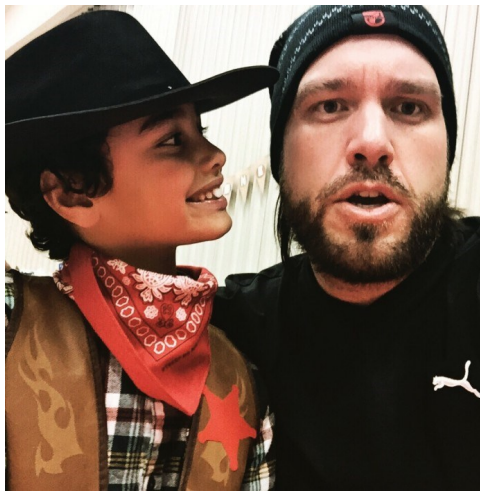
Hopefully you just see a father and his son.

Maybe you see a beautiful bond.

Maybe you just see love.

Maybe you see two awesome human beings.

Maybe you see a child who looks up to his dad with a truly honest expression plastered to his face that says, "that guy right there... That's MY dad."



Hopefully you don't see a price tag hanging from Noah's ear, or a child who will never know true happiness.

You see, today when I was at the store with Noah, a woman had the nerve to ask me, right in front of Noah, "how much did he cost?" And this was the second time somebody has asked that absolutely ridiculous and insensitive question to me; I know his mom has heard it too.

You may have noticed that Noah is of a slightly different race than his old man. He's quarter-Panamanian, quarter-Jamaican, and half-Caucasian. Noah is my son. Noah was adopted. Trust me, I couldn't pass on any sort of genetics to a kid this beautiful.

And since he was placed with his mom and me, his parents, I have learned just how insensitive and thoughtless the world can be to kids who have been placed through adoption.

People don't realize how fragile the minds of young children are. People don't realize that wording things certain ways can hurt a child, and badly. People don't realize that their own assumptions of what my child knows and doesn't know might not be accurate.

And because of all that, I present to you the following list of 12 different adoption etiquette rules...[CONTINUE READING](#)

## ADOPTION RESPITE

Each adopted child who receives a subsidy from Iowa is eligible to receive five days of respite care per fiscal year at \$20 per day. The current fiscal year for the Adoption Respite Program runs from July 1, 2017 to June 30, 2018. All respite days must be used during these dates and the form must be submitted no later than Friday, July 6, 2018.

[VIEW ADOPTION RESPITE FORM](#)



## SAVE THE DATE

**IFAPA's Adventureland Fun Day for Foster, Adoptive and Kinship Families**

**SATURDAY,  
AUGUST 18, 2018**

## Why Is My Child So Angry and Defiant? An Overview of Oppositional Defiant Disorder

Forty percent of children with ADHD also develop oppositional defiant disorder, a condition marked by chronic aggression, frequent outbursts, and a tendency to argue, ignore requests, and engage in annoying behavior. [Begin to understand your defiant child here.](#)

Every parent of a child with attention deficit disorder (ADHD or ADD) knows what it's like to deal with ADHD behavior problems — sometimes even the most well-behaved child lashes out, or refuses to comply with even the most benign request. But almost half of all parents who have kids with ADHD live with severe behavior problems and discipline challenges on an almost daily basis.

[KEEP READING](#)

### 3 Things That Are Hard About Being a Foster Parent, and How to Deal.

Being a foster parent can be beautiful. It can be rewarding. And it can be really, really hard. Here are three things that are hard about being a foster parent (and some tips on how to deal with them)...[CONTINUE READING](#)

## Sibling Rivalry

While many kids are lucky enough to become the best of friends with their siblings, it's common for brothers and sisters to fight. (It's also common for them to swing back and forth between adoring and detesting one other!)

Often, sibling rivalry starts even before the second child is born, and continues as the kids grow and compete for everything from toys to attention. As kids reach different stages of development, their evolving needs can significantly affect how they relate to one another.

It can be frustrating and upsetting to watch — and hear — your kids fight with one another. A household that's full of conflict is stressful for everyone. Yet often it's hard to know how to stop the fighting, and or even whether you should get involved at all. But you can take steps to promote peace in your household and help your kids get along.

## Why Kids Fight

Many different things can cause siblings to fight. Most brothers and sisters experience some degree of jealousy or competition, and this can flare into squabbles and bickering. But other factors also might influence how often kids fight and how severe the fighting gets. These include:

\* **Evolving needs.** It's natural for kids' changing needs, anxieties and identities to affect how they relate to one another. [CONTINUE READING](#)

### UPCOMING TRAININGS ON ANXIETY

We all worry and at times feel anxious and at certain times worrying can turn in to real symptoms of anxiety and panic. And in more extreme cases, anxiety and panic can manifest itself into obsessive thoughts and compulsive behaviors. Have you ever wondered exactly why it is that we worry and experience symptoms of anxiety and panic? The purpose of these workshops is to help participants gain greater insight and understanding behind the biology of why anxiety exists and teach the skills needed for children and adolescents, as well as adults, to be able to manage anxiety, panic, and obsessive thoughts and compulsive behaviors more effectively.

TRAINER: Dr. Matthew Hiveley

***“Don't Worry About It!” - Anxiety, Panic and Obsessive-Compulsive Disorder (OCD): What's Really Going On***

***Saturday, June 23 (9am-12:15) - ANKENY***

***“Don't Worry About It!” - Anxiety, Panic and Obsessive-Compulsive Disorder (OCD) What You Can Do***

***Saturday, June 23 (1:15-4:30 p.m.) - ANKENY***

[Click Here to go to IFAPA's Training Registration Page](#)