

MARCH 27, 2018

Uncovering, Discovering and Creating Connections for Your Foster and Adoptive Children

Children and youth of all ages, regardless of their needs and circumstances, long for loving lifelong connections to others. When children are placed into foster care, they all too often have lost not only their parents but also brothers, sisters, grandparents, aunts, uncles, cousins, and others who are important in their lives. Children and adolescents who move from foster home to foster home are frequently lost and in crisis. They are young, alone, and lonely for a family, a home, a school with friends, and a neighborhood.

Without the stability of lifelong connections, children and youth are missing the needed guidance to prepare them for adulthood. Unfortunately, many youth in foster care grow up and leave the system without any permanent, lifelong connections. They have neither the security of a family, nor the resources necessary for adulthood. For some young adults, they become part of the disproportionate number of former foster youth who end up in jail, lack job skills, face early pregnancy, and/or become homeless.

As a foster and/or adoptive parent, one of your top priorities is to help the children in your care have the tools necessary to form healthy connections and supports. IFAPA has developed this free booklet to help you identify, locate, and engage caring individuals to support the child in your care over his or her lifetime.

[VIEW BOOKLET](#)

FREE BOOK

To receive a free copy of this book (*Completing the Circle: Uncovering, Discovering and Creating Connections for Your Foster and Adoptive Children*) email your name and address to IFAPA at ifapa@ifapa.org



5 Steps to Mindful Anxiety for Parents

Bryan Post has been preaching mindfulness in our parenting for over fifteen years, but for many of us, it is still a mystery—at least at the everyday practice level or especially being able to “use it when we need it”. Simple acronyms are sometimes handy, as is Bryan’s *3 Steps to Peace: Fostering Love in the Midst of Fear* which many of you are familiar with.

I saw one recently in an article on the website Tonic that is an easy to remember and simple to practice exercise created by Ellen Hendriksen, a clinical psychologist at Boston University’s Center for Anxiety and Related Disorders and host of The Savvy Psychologist, from her new book, *How to Be Yourself: Quiet the Inner Critic and Rise Above Social Anxiety*.

Imagine your child coming home shortly and you already feel that sense of dread in your stomach or are imaging the forthcoming battle about to rage as it does so often, or not often but very possible as it sometimes is. Or your thoughts start to ruminate about how less than satisfying your life is and “if only things were different” thoughts push you into a downward spiral toward hell, or at least mildly depressed or upset. Or imagine your child comes home again with another announcement of suspension from school or worse. What do you do? Right then, right now? With your body tensing, your emotions running wild and your “protector”, your amygdala which is your “flight, fight or freeze” mechanism in your brain is about to take control and decide for you what is the best and safest reaction for you to take – to protect you, what can you do? How can you move from reaction to consciously responding? What do you do?

[Read more of the article](#)

Positive Adoption Language

The way we talk—and the words we choose—say a lot about what we think and value. When we use positive adoption language, we say that adoption is a way to build a family just as birth is. Both are important, but one is not more important than the other.

Choose the following positive adoption language instead of the negative talk that helps perpetuate the myth that adoption is second best. By using positive adoption language, we educate others about adoption. We choose emotionally "correct" words over emotionally-laden words. We speak and write in positive adoption language with the hopes of impacting others so that this language will someday become the norm. (Source: *Adoptive Families Magazine*)

Positive Language

Birthparent
Biological parent
Birth child
My child
Born to unmarried parents
Terminate parental rights
Make an adoption plan
To parent
Waiting child
Biological or birthfather
Making contact with Parent
Intercountry adoption
Adoption triad
Permission to sign a release
Search
Child placed for adoption
Court termination
Child with special needs
Child from abroad
Was adopted

Negative Language

Real parent
Natural parent
Own child
Adopted child; Own child
Illegitimate
Give up
Give away
To keep
Adoptable child; available child
Real father
Reunion
Adoptive parent
Foreign adoption
Adoption triangle
Disclosure
Track down parents
An unwanted child
Child taken away
Handicapped child
Foreign child
Is adopted

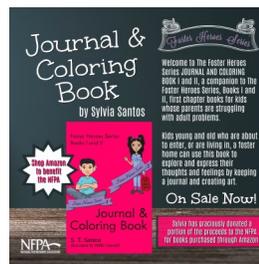


Author Donates Proceeds to the National Foster Parent Association

The National Foster Parent Association is proud to partner with Sylvia T. Santos on her series of books, The Foster Heroes Series. The Foster Heroes Series is a heartfelt journey describing what children who are placed in foster care are feeling as they go through the process.

Sylvia has graciously donated a portion of the proceeds to the NFPA for books purchased through Amazon. You can shop the collection at <http://a.co/951uNec>

Green Frog Publishing is excited to announce that



teacher and author S. T. Santos will donate \$1 for every paperback from the Foster Heroes Series sold on Amazon. A collection of four heart-warming books, the Foster Heroes Series includes *Mom's Gone...*, *Mama se ha ido...* *Dad's Sad...* and the *Foster Heroes Series Journal and Coloring* book.

"My goal in writing these books is to give hope to children in foster care by letting them know that they are not alone and that the feelings they are experiencing are not unique," explains Sylvia. "Partnering with the National Foster Parent Association will help make this goal a reality. I will be forever grateful to the NFPA for putting children in foster care first and allowing me to help. Thank you to the NFPA for all you do for children and families in the foster care systems across this great country!"



Apprenticeship Programs:

Earn While You Learn

Electrical, plumbing, HVAC are just a few of the careers that are experiencing a huge demand for qualified employees. ABC of Iowa Apprenticeship & Training Trust is combining work plus school for individuals interested in learning on the job. Visit their website at <http://apprenticeshiptrust.abciowa.org> to learn more about their programs and opportunities.