

OCTOBER 23, 2018

FOUR UNEXPECTED HALLOWEEN CHALLENGES I'VE FACED AS A FOSTER PARENT

By Rebecca from Fosterhood

Before I became a foster parent, I knew that holidays were difficult for foster families but I assumed Halloween was exempt. Cute costumes, candy ... what could go wrong? It turns out that there are a *lot* of things that can go wrong. In fact, Halloween brings up all kinds of issues many people aren't prepared to handle. For example, friends of mine who are fostering are trying to figure out right now if it's okay to let their black foster daughter wear the Rapunzel costume and long, blonde wig she's obsessed with. Should they try to talk her out of it and steer her toward something less controversial? And what about the foster home that her sister is in — they are letting her sister wear a blonde wig for Halloween, maybe they should let it go? You see, there are a lot of unexpected questions that come up.

I've only fostered children ages 3 and under but here are some obstacles Halloween has brought me:

1. Deciding whether or not to send my foster daughter to her family visit in a Halloween costume.

In a perfect world I would have been able to have a conversation with her parents about their desires and expectations around Halloween. This isn't always an option. Between all of the other chaos of coordinating appointments, family visits, case worker visits, and endless forms, there's little opportunity to sit down and have heart-to-heart conversations. Not to mention the fact that they aren't always wanted. So I've had to take guesses. I've had both hits and misses (mostly misses).

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TRICK OR TREAT

Whether you've just gotten a new child placed in your home or you've put off finding your kiddos a costume—here are some quick and easy costume ideas from Good Housekeeping:

Costume Ideas



NOVEMBER IFAPA TRAININGS

Nov 3
9am-12:15pm

Communicating With Your Child Through Play

Ankeny - IFAPA Training Center 3 Hours Credit

For our children who can't verbalize what they are feeling or have experienced, toys become their words and play becomes their form of expression. This training provides an overview of the rationale for play therapy with children and how trauma affects a child's play, provides information on how to gauge what play is appropriate and when to seek help, and how to use your child's natural language of play to help build connections to you and to others. This training covers communicating through play with all age ranges, including ideas for how to connect with your teen. It will also provide information on how to best communicate what you are seeing with your child's therapist.

Nov 3
1:15-4:30pm

De-Mystifying Therapy

Ankeny—IFAPA Training Center 3 Hours Credit

This class explains the therapeutic process based on different age groups and addresses common questions about what happens in therapy and what it is for. Rebecca will provide parents with information on seeking a therapist, how to advocate for their child's needs, and how to best communicate with their child's therapist. She will also address information such as professional boundaries therapists work under in regards to confidentiality, access to records, and including family in sessions.

Nov 3
9am-12:15pm
Part 1—What's
Really Going On
1:15—4:30 pm
Part 2—What You
Can Do

Don't Worry About It! - Anxiety, Panic and Obsessive- Compulsive Disorder (OCD) Location: Cedar Falls (HawkeyeCC)

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 this workshop 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.

[REGISTER FOR A CLASS HERE](#) OR CALL 800-277-8145



Children Who Lie and Steal

By Katherine Leslie, Ph.D.

Dirty underwear hidden in closets, food stolen in the night and hidden under pillows, toys that just appear from nowhere, big brown eyes that swear "it wasn't me" or a child voice saying "So what, I don't care!" Sound familiar? We live with these children. They lie, manipulate with sweet kisses and charming words, and perplex us with mood swings and angry fits. Parenting these children is tricky business, in part because we love them so, in part because these behaviors can make them so unlovable. [CONTINUE ARTICLE](#)

Lying and Teaching the Truth

by Deborah Hage, MSW

The majority of adoptive parents have a moral code which precludes lying as an acceptable behavior. They abhor it. They avoid it at all costs. They admire integrity and honesty. With the huge mandate and model in the home that telling the truth is essential and lying is forbidden, why then do so many adoptees lie? When they lie, the children are subjected to consequences and disciplined in various ways. Parents beg, implore their children to tell the truth, even promising the consequence will be lessened if they just come clean. Yet, the lying persists. Some children lie when they do not want to take responsibility for their behavior. Some lie when they want something. Some lie to manipulate and triangulate others around them. Some lie in the face of the truth - with frosting on their face and fingers they will state, unequivocally, they did not have a piece of cake. Some do all of the above and simply lie about everything all the time. What internal workings of the brain tells children that lying is an acceptable form of speech? [CONTINUE ARTICLE](#)