

# NEWS FROM YOUR PEER LIAISON

MAY 2017



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IFAPA Peer Liaison

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#### I UNDERSTAND... I AM A FOSTER PARENT TOO

IFAPA recognizes that foster parents often need the perspective of peers during the foster parenting and adoption experience.

I can provide support and assist you with questions regarding:

- Licensing requirements
- Training needs
- Respite care
- Behavior challenges
- Working with birth families
- Confidentiality issues
- And much more!



www.ifapa.org

## Spring and Summer Activities for Everyone

Spring and summer are great opportunities to get children outdoors, out of the daily routine, keep moving and be active, or just have a relaxing, lazy day!!

Have your child make a calendar and fill in these activities as part of your schedule. Everyone can look forward to these and many are free or low cost. Here are some ideas to get you jump started:

1. Grow something you can eat. Go to the farmer's market. Make lemonade from scratch. Make homemade ice cream. Try a new food. Let your child help plan a meal.
2. Find a drive-in theater (yes there are still a few) and go see a movie. Or set up a screen outside in the yard for an at home "movie night".
3. Sleep outside. Catch fireflies at night. Roast marshmallows over a fire and make s'mores. Star gaze—locate the big dipper and others. Identify sounds you hear.
4. Pick flowers. Plant a container garden. Go on a scavenger hunt. Visit a nature center.
5. Eat outside together. Have a picnic on the lawn (in the living room if it is raining). Lie in the grass and watch the clouds (how many different things can you see in the clouds?)
6. Take an evening stroll and see how many sounds you can identify. It is amazing what you can learn (you don't have to look at each other and it can be easier for them to "share").
7. Go to the zoo. Go to the library. Take a class (Park & Rec) .Go on a bike ride.
8. Park at the airport and watch the planes come in.
9. Dig for worms. Go fishing. (No fishing license needed if under 16).
10. Make a birdfeeder. Blow bubbles (yes, even with your teens!)
11. Play tag or hopscotch. Go to a baseball game. Play catch. Play badminton.
12. Make mud pies. Splash in the puddles. Run through the sprinkler.



# NEWS FROM YOUR IFAPA PEER LIAISON

## CURRENT NEWS

### Message to My Families!

DHS has combined the Recruitment and Retention Contract and the Training and Support Contract held by IFAPA. Due to these changes, IFAPA's Peer Liaison Program will be ending June 30th, 2017. Families will continue to receive support services through the new Recruitment, Retention, Training, and Support Contractors. I appreciate the time and dedication you have provided to so many children through the years.

## SUPPORT GROUPS

### Renew Support Group

Cornerstone Church-Ames

#### SUMMER BREAK!

- \*The Renew support group will not be holding a support/training meeting for May.
- \*Watch for further details to come regarding upcoming events.

### Allison Area Foster Parent Support Group

Vineyard Community Church

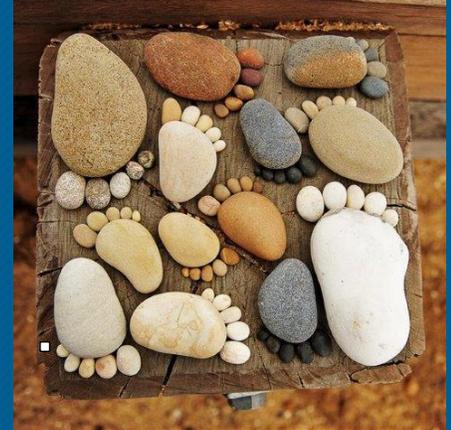
319 West Bremer Ave, Waverly

#### SUMMER BREAK!

- \*This support group will not be holding a support/training meeting for May!
- \*Check back on the website below for details for a BACK-TO-SCHOOL Picnic in August!
- \*For information contact Megan : [aafpsg@gmail.com](mailto:aafpsg@gmail.com), 319.214.0623, or [www.aafpsg.org](http://www.aafpsg.org)

## Little Feet Stones

Go Rock hunting to find the perfect feet!



## SIMPLE YOGURT PIE

### Ingredients

- 8 ounces tub of Cool Whip
- (2)6 ounces Greek yogurt (any flavor)
- 1 graham cracker pie crust
- Optional topping: (strawberries, blueberries, etc.)

### Instructions

1. Mix the Cool Whip and yogurt together.
2. Pour into prepared pie crust and refrigerate until set.
3. Top with strawberries or other fruit, as desired.

