

BLACK HAWK FOSTER & ADOPTIVE PARENT NEWSLETTER

INVEST IN IOWA'S CHILDREN...OUR FUTURE

VOLUME 13 ISSUE 9

MAY 2011

May Meeting

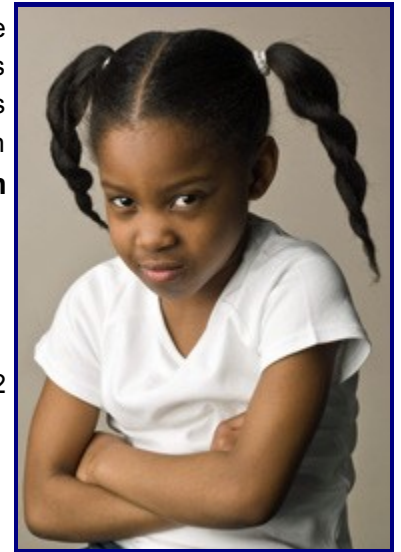
“Discipline Strategies”

Are you struggling with the behaviors of your child(ren)? Then, this month's training is for you! Tuesday, **May 10th, 7—9 PM**, our training will be “Discipline Strategies”. In this training, you will learn some of the qualities of effective parenting, some reasons children misbehave and numerous discipline strategies and techniques that have been used effectively with foster children. We hope you will be able to join us at **Grace Lutheran Church, 1024 West Eighth Street, Waterloo ..**

This training has been approved for **2 hours** of foster parent training credit.

As always, babysitting will be available for you for your children ages 0– 12 years.

If you have questions, please contact Dianna Seedorff, IFAPA Peer Liaison at 319.235.2534 or Judith Jefferies at 319.610.1861.



No matter how many problems surround a person, there is always something positive you can point out!



<i>Elevate</i>	2
<i>Graduation</i>	3
<i>Summertime Fun</i>	4
<i>Current Training</i>	5
<i>Current Training</i>	6 & 7
<i>IFAPA Appreciation</i>	7



Elevate - Waterloo Chapter

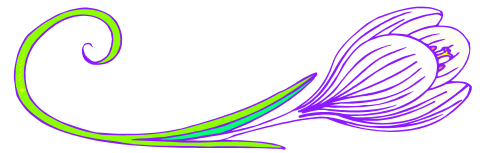
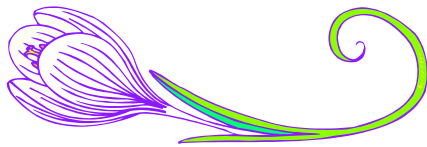


Waterloo Elevate Chapter is held at Mt. Carmel Church at 895 Adams St. Waterloo. The meetings are the 2nd and 4th Tuesday of each month at 6:30-8:30 PM. If foster parents are able to drop off and pick up youth at the designated time or can also attend the meeting. All foster/adoptive youth ages 13+ are welcome to attend. If you have a youth that needs a ride please contact Teanna Smart at 319.433.8172.

May 10th: TBA

May 24th: TBA

For more information on elevate visit: www.cfiowa.org



Getting to know our foster families

MEET LINDA MORGAN

Linda has be licensed for two months. She is licensed for two children. Linda take ages 0-8 years. She became licensed to care for her granddaughter. Linda is will to do respite for ages 3-8 years. You can reach her at 319.231.3987.



MEET CAROL CAREY

Carol has been licensed since 2008. She is licensed for one child. Carol takes ages 5-10 years. You can reach Carol at 319.291.8659.





Transition Closet

Just a reminder that a Transition Closet is available for youth who are aging out of foster care and will be setting up their own apartment or dorm room. Aftercare specialist, Debbie Fitkin, dffitkin@fouroaks.org has a key and can assist youth in choosing items. Listed is items needed if you would like to donate while doing your spring cleaning; Lamps, tables, dishes, glasses, silverware, pot & pans, kitchen utensils, towels, bedding, kitchen linens, small appliances like toaster or coffee pot, chairs, TV, dresser, laundry basket, microware. Currently double beds, couches and working vacuum sweepers are in big demand.



Scholarship Opportunity

To promote a college-bound culture, the Center for Student Opportunity will award \$2,000, four-year renewable scholarships to first-generation college students graduating from high school in 2011 and who enroll at a SCO College Partner.

Eligibility criteria include:

- Current high school (or home-schooled) seniors attending school in the United States
- Neither parent has earned a four-year college degree
- Must attend a CSO partner college or university. A complete list of CSO college partners can be viewed at: http://scopportunity.org/college_partners/coll_partners.aspx
- Seek financial aid and scholarship support for college
- Involvement in extracurricular and leadership programs in school or in the community

The application deadline is May 27, 2011

To apply or learn more about the program, please go to the [Center for Student Opportunity](http://www.scopportunity.org) website

YOU ARE INVITED !

GRADUATION OPEN HOUSE FOR YOUTH AGEING OUT OF FOSTER CARE

Friday, May 20th,

5 PM to 6:30 PM

Hawkeye Community College– Brock Student Center



Please come and let these young people know how proud you are of them!



Summertime Fun

Having a list of things to do with the kids can be a great help. Being a foster parenting is one of the most rewarding experiences in your life, but it is also one of the toughest. Breaks from each other can prove to be beneficial to both the foster family and the foster child. We all need a break once in awhile, so take one! Here are some ideas to do with and for the kids during the upcoming summer break.

Library Reading Programs. Many libraries offer great reading programs for the summer. Many also have craft days, discussion groups, and parties. Get your kids in on the fun! Watch for sign up times in your area.

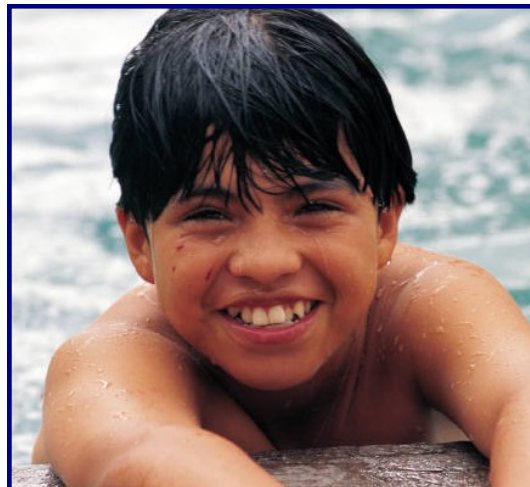
Get together with another family. Find another family with kids that range in the same age bracket as your kids. Host a child(ren) from the other family one afternoon and on another day have your children go to their house. This will give one mom a chance to get things accomplished without kids or at least take a nap!

Go back to the basics for real summer fun. Remember when you were a kid? Sure you do! Lazy days at the pool, tent camping, and wading pools.

Summer Jobs. Another option for the older kids, but a great opportunity.

Walk for Charities. Get the kids involved with an activity that not only promotes physical well-being, but also the importance of helping others. During the summer are many opportunities to walk for various charitable events. There are even ones that benefit foster children such as IFAPA Stride Walk and Walk Me Home.

Lessons or sports? How about swim lessons? Dance? Soccer? Art? This will teach the kids skills and give you a break. These options need approval by the birth parent and the case manager.



Scouting. Scouting can be a great activity with plenty of learning and fun. There may be day camps available as well as over night activities. Again approval is a must.

Cultural Activities. Get the kids excited about learning about their culture. Many great ideas can be found on the internet.

Crafts. "Family Crafts" guide, Sherri Osborn, has literally hundreds of craft ideas to keep your kids busy for three summers.

Life books. What a great time to focus on updating or completing the children's life books. Working on their life book may be a learning activity that they may be able to do with little help, depending on the age of your child, from you.

Respite. Respite is always a good choice for families. (See the respite form on www.ifapa.org.)

Adapted from About.com



Training Available in Black Hawk County

In Iowa, foster parents need six hours of training annually to renew their foster care license. At least three training hours must be done in a group setting. Foster parents must complete their training two months prior to licensing date. *Note: Families will no longer be granted extensions or exceptions for not getting their training credit on time.*

If you want to receive foster parent training credit, it is your responsibility to send your training certificates to your KidsNet licensing worker within 30 days following the training. Be sure to keep the original copy for your records.

PLEASE KEEP IN MIND - With the exception of CPR, First Aid and Mandatory Reporter classes, foster parents **CANNOT** receive training credit for any class after October 2009 that they have previously attended and used for re-licensing.

Foster parents are mandatory reporters of child abuse. As mandatory reporters, foster parents are required to complete two hours of training in child abuse identification and reporting. This training must be taken within the first year of initial licensing and every five years thereafter.

“On Line Training”



DHS has approved that foster parents may receive up to 3 hours foster care training credit for courses listed on www.fosterparents.com. The foster parent will read the course material, answer the test questions, and click on submit button. A certificate will be generated immediately. The certificate will need to be sent to your licensing worker. Remember to make and keep a copy for your records. There is a charge for these trainings.

“Mandatory Reporters Training”

The Iowa Department of Public Health has approved one online Mandatory Reporter Training Class for foster parents to take. Foster parents will receive 2 hours of credit for this course. The cost to take this course is \$18.95 per person. PLEASE REMEMBER- IFAPA promotes this online class as an additional resource for foster parents; however, this is not connected to IFAPA. For detailed instructions on how to take this online course, visit the IFAPA website:

Need Support? Have a question? We are here for you!

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IKN Renewal and Support Worker
319.859.3588
Katie.squier@lsiowa.org





More Available Training

Preventative Practices II: Minimizing the Risk of Child Abuse Allegations

Date: June 11, 2011 (Saturday)

Time: 9 am—4:30 pm

Location: HCC/ Cedar Falls

Training Credit: 6 hours

This training is a revised version of the original Preventive Practices class and covers updated information regarding child abuse allegations and the best way to protect yourself and minimize your risk of abuse allegations. You will learn strategies to help protect yourself and improve your relationship with the professional team.

To register for a class call 800-277-8145 ext.1 or visit www.ifapa.org.

Darkness to Light's Stewards of Children- Child Sexual Abuse Prevention

Date: July 16, 2011 (Saturday)

Time: 1 pm– 4:15 pm

Location: Waterloo Public Library

Training Credit: 3 hours

This training promotes an understanding of the nature and impact of child sexual abuse. This course calls you into personal responsibility for the safety of children while at the same time appreciates your fears and concerns. Participants will learn the impact of child sexual abuse, learn how to decrease risk for children and their own personal liability, and learn age and gender-specific behavioral warning signs.

To register for a class call 800-277-8145 ext.1 or visit

Trauma Informed Care

Date: August 13, 2011 (Saturday)

Time: 9 am—4:30 pm

Location: Clarion Hotel, Cedar Falls

Training Credit: 6 hours

This training discusses the broad spectrum of major contributors to a child's misbehavior, what needs to be addressed first and what are short/long term reasonable outcomes. The lifespan consequences of trauma on an individual/community (the ACE study) and foster parent's role as protectors & educators will also be discussed. Participants will learn what can happen to foster/adoptive parents as they operate in highly stressful environments and how to take care of themselves. Participants will also learn how to engage in & explore concrete processes to stabilize attachment, develop safe relationships & effective emotional management.

To register for a class call 800-277-8145 ext.1 or visit





IFAPA Appreciation Day!

Saturday, August 27, 2011
Adventureland Park, Altoona

The ticket order form will be posted on IFAPA website in early summer!



***No Support group or newsletter for June, July
and August!***

Have a wonderful summer!!