

NEWS FROM YOUR PEER LIAISON



SANDRA DOLLEN

IFAPA Peer Liaison

How to Contact Me:

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Connect with me on Facebook. Email me to find out more.

**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

NEW YEAR'S TOP 10 COUNT DOWN

- ❄️ 10) Begin the New Year with new clothing for your foster child. Clothing allowances start over January 1st. Contact your DHS worker before you purchase!
- ❄️ 9) Like Magic- the Friends of Children in Foster Care has grants to help with your foster child's "special extras" To apply: www.ifapa.org (under resources)!
- ❄️ 8) New Year - New Contact Information? Let your liaison know if your email, address, or phone numbers have changed!
- ❄️ 7) Ready for a well-deserved break? Remember to set up RESPITE with your IKN support worker. Each placement receives 24 days per calendar year.
- ❄️ 6) Snow days are a great opportunity to work on your child's Lifebook. Printable pages and ideas. www.ifapa.org (under publications)
- ❄️ 5) "Spring is Coming" Save the Date for IFAPA's Spring Conference! April 7-8, 2017 in Des Moines. Watch for upcoming details. www.ifapa.org
- ❄️ 4) A few quiet minutes, hot chocolate, & IFAPA's Weekly Word...PRICELESS arriving in your EMAIL box each week!
- ❄️ 3) Keep Your Mind From Melting! IFAPA's New Training Brochure is out with fresh, new trainings. Don't wait...Sign up now! www.ifapa.org
- ❄️ 2) Jack Frost keeping you inside? Take some time to look at IFAPA's website! Full of awesome information, trainings, videos, and resources! www.ifapa.org
- ❄️ 1) Lastly, You are making a difference in your Child's Life! Thank You and HAPPY NEW YEAR!

Your IFAPA Peer Liaison,
Sandra Dollen

When you feel you are about to lose your head - give me a call! I am here to offer you support, advice, and resources. Feel free to call me anytime (712) 526-2116.



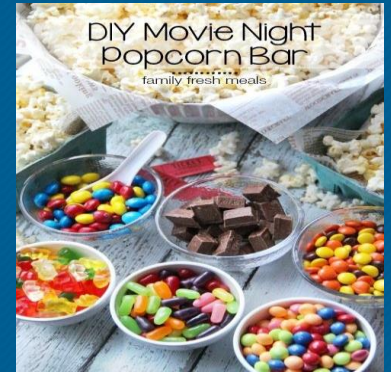
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IFAPA's Training Schedule

JANUARY TRAININGS			
Date & Time	Name of Training & Trainer	Credit	Location
Saturday, Jan. 7, 2017 (9am-4:30pm)	The Grieving Process: How to Help You and Your Kids Heal (Matthew Hiveley, Ph.D.)	6 hours	Ankeny IFAPA Training Cntr
Saturday, Jan. 7, 2017 (9am-12:15pm)	Mandatory Child Abuse Reporter Training	3 hours	Council Bluffs TBA
Saturday, Jan. 7, 2017 (1:15pm-5:30pm)	CPR and First Aid (Register & Pay Here) To avoid late fees, pay by Sunday, Jan. 1	4 hours	Council Bluffs TBA
Saturday, Jan. 14, 2017 (9am-4:30pm)	ACT on Your Stress: Stress Management for Foster and Adoptive Parents Using Acceptance & Commitment Training (Warren Phillips, Ph.D)	6 hours	Sioux City TBA
Saturday, Jan. 21, 2017 (9am-12:15pm)	I Won't Do It & You Can't Make Me: Oppositional Defiant Disorder in Kids & Teens (Warren Phillips, Ph.D.)	3 hours	Ankeny IFAPA Training Cntr
Saturday, Jan. 21, 2017 (1:15pm-4:30pm)	Arrggg...What Can I Do With My Kids? The Power of Receptive Parenting vs. Reactive Parenting (Warren Phillips, Ph.D)	3 hours	Ankeny IFAPA Training Cntr
Saturday, Jan. 28, 2017 (9am-12:15pm)	Mandatory Child Abuse Reporter Training	3 hours	Ankeny IFAPA Training Cntr
Saturday, Jan. 28, 2017 (1:15pm-5:30pm)	CPR and First Aid (Register & Pay Here) To avoid late fees, pay by Sunday, Jan. 15	4 hours	Ankeny TBA
Saturday, Jan. 28, 2017 (9am-4:30pm)	Family Matters - Working with Birth Families in the 21st Century (Mike McGuire)	6 hours	Council Bluffs TBA

TO REGISTER FOR A TRAINING: Call IFAPA at 800-277-8145 ext. 1 or [COMPLETE OUR REGISTRATION FORM*](#).

DIY MOVIE NIGHT



Set up concession buffet for movie time.



Don't forget to provide personal lap trays by placing everything in a box.

DIY LASER MAZE



Make a DIY Laser Maze in the hallway using some red crepe paper and tape. Tape the steamers high and low. You may have to do some adjusting as they navigate through the maze. Also, consider the level of difficulty. Make sure it's doable so they can feel successful. HOURS of fun!