

# NEWS FROM YOUR PEER LIAISON

## AUGUST 2016



**CANDICE YORK**

IFAPA Peer Liaison

**How to Contact Me:**

888-299-4486

641-226-6227 Ottumwa  
cyork@ifapa.org

Find me on Facebook at:  
"South Central IFAPA"

### 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

### ENSURING SUCCESSFUL STUDENT TRANSITIONS

One of the most significant steps a child in care takes is transitioning to a new school from another school, or even transitioning to a new building within the same school district. This is a momentous step for your student. You are concerned for your student and chances are your child is pretty stressed about it too – *new teachers, a new building, let alone a whole bunch of new students to get acquainted with!*

This is an important transition in your child's life. It is critical and it can be *fun*. Check out some of the suggestions below, it is possible for you to ease the transition so that **BOTH** you and your student emerge safe and sound!

1. **Familiarize Your Student with Their Surroundings.** If you think back to your first days in college or even in a new job, you'll remember that a lot of your anxiety stemmed from being unfamiliar with your surroundings. Simple things like knowing where the restroom is can feel like major obstacles. To help your student, take a tour of the school together before school begins.
2. **Get Organized.** To help your child adapt to his new school schedule, look at ways you can jointly become organized. This may include an individual planner for them, and also a bulletin board for a family calendar, reminders and notes. Experiment with ways that work for you and your family to make sure that nothing (including homework) is forgotten.
3. **Enable Positive Peer Networking Opportunities.** When a kid is new, it is a lot like being a small fish in a big pond. Your student may be thrown into an environment where they know no one and end up feeling lost. Try to help your child develop some positive personal relationships before school starts.
4. **Encourage Independent Problem Solving.** It can be difficult to see your student struggling, but try to do your best to simply lead them in the right direction. Focus less on solving problems for your student and more on enabling them to solve their own problems.
5. **Keep Track of What Your Student is Doing.** You don't need to micromanage your student, but it is important that you're aware of what's happening in their life. If you notice their grades are slipping or they are reluctant to go to school, some part of the transition has failed and you need to work together with your student to address it.

Remember, a transition to a new school need only be as difficult as **YOU** make it. By maintaining a positive attitude (and encouraging your student to do the same), you are helping them ensure that this next phase of their life is **Successful and FUN!**

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## RPPS – What is it???

The Reasonable and Prudent Parent Standard allows foster parents to give their foster children permission to do age-appropriate activities that promote cognitive, emotional, physical and behavioral growth. All states are now required to promote normalcy for children in foster care. Please click on the link below to complete this training.

<http://www.ifapa.org/training/Reasonable-and-Prudent-Parent-Standard.asp>



## IFAPA's Appreciation Day is Saturday, August 20, 2016

We hope you can join us at IFAPA's Appreciation Day for Iowa's foster, adoptive and kinship families at Adventureland Park in Altoona. Discount tickets can be pre-purchased via mail or online with a credit card. These tickets can only be used on Saturday, Aug. 20th.

\$23 per ticket for all immediate foster and adoptive family members ages 4 and older living in your home. All children age 3 and under are FREE!

Tickets may be purchased for other family members (not living in your home) or friends for \$28 per person. (Regular admission tickets are \$42 per person)

[ORDER TICKETS ONLINE](#)    [ORDER TICKETS VIA MAIL](#)

(VIEW ADVENTURELAND FLYER)



### Upcoming Training Events

**Saturday,**

**Aug. 27, 2016** (9am-12:15pm)

[Don't Give Up on Me](#) (Christy Meyer)

3 hours

**Ankeny**

IFAPA Training Center  
6864 NE 14th Street  
Suite 5

**Saturday,**

**Aug. 27, 2016** (1:15pm-4:30pm)

[How to Talk So Everyone Will Listen](#)  
(Christy Meyer)

3 hours

**Ankeny**

IFAPA Training Center  
6864 NE 14th Street  
Suite 5

To register for a training: Call IFAPA at 800-277-8145 ext. 1 or Complete our [Registration Form](#). If you would like to register for a CPR or First Aid class, please register and pay through our [CPR & First Aid Registration Form](#).

## Banana Split Bites

### Ingredients

- 3 Bananas
- ¼ lb. Cored Pineapple
- 6 Strawberries
- 1 cup Dipping Chocolate
- ¼ cup Chopped Peanuts
- 12 Popsicle Sticks (or skewers)

### Instructions

1. Cut strawberries in half.
  2. For each strawberry half, cut an equal size piece of banana and pineapple.
  3. Place pineapple on first, then banana and lastly strawberry.
  4. Place in freezer for 10 minutes.
  5. Line a tray with wax paper or parchment paper.
  6. Put chopped nuts in small plate to use for dipping.
  7. Melt chocolate by heating in microwave for 30 seconds, stirring and repeating until melted and smooth.
  8. Dip cold fruit in chocolate, then into nuts, then place on prepared tray.
- Source: [www.lifeloveliz.com](http://www.lifeloveliz.com)

