

# NEWS FROM YOUR PEER LIAISON

JANUARY 2016



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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

## New Year's....Top 10 Countdown

-  **10)** Begin the New Year with new clothing for your foster child. Clothing allowances start over January 1<sup>st</sup>. Contact your DHS worker for approval before you purchase!
-  **9)** Extra's add up!! Like magic--IFAPA's Friends of Children Foundation offers grants to help with your foster child's "extras." Go to [ifapa.org](http://ifapa.org) (under Resources).
-  **8)** Keep your mind from melting! IFAPA's current training brochure is out with fresh, new trainings. Register for classes now! [www.ifapa.org](http://www.ifapa.org)
-  **7)** Even Santa needs a well-deserved break! Plan to set up respite. Contact your IKN support specialist for assistance. For payment of Subsidized Adoption Respite contact IFAPA ([www.ifapa.org](http://www.ifapa.org)).
-  **6)** Snowed In? Take some time to look at IFAPA's website! It's full of awesome trainings, information, and resources for you!! Check it out at [www.ifapa.org](http://www.ifapa.org).
-  **5)** Yuletide cheer! Enjoy some good cheer and information with IFAPA's Weekly Word arriving by email each week!
-  **4)** No school?? Get started on your child's lifebook! Download pages and ideas at [ifapa.org](http://ifapa.org) (under Publications).
-  **3)** New Year--New traditions! Help your children establish new traditions and include the birth family and relatives, with permission.
-  **2)** Spring is coming! IFAPA's Spring Conference is April 8-9, 2016 at Airport Holiday Inn & Convention Center, Des Moines! Watch for details at [www.ifapa.org](http://www.ifapa.org)
-  **1)** Lastly, reduce stress! Keep in contact with your IFAPA Peer Liaison--that's me!

Christie McGuire 1-855-929-2005 or [cmcguire@ifapa.org](mailto:cmcguire@ifapa.org)

# NEWS FROM YOUR IFAPA PEER LIAISON

## Support Group Happenings

### Mason City and Surrounding Areas

\*Sat. Jan. 16th (9 am-4:30 pm) "Get me Off This Roller Coaster: Coping Skills for Emotional Intensity Issues"

(6 hrs credit) Waterloo

Register at [www.ifapa.org](http://www.ifapa.org) or call 800-277-8145

### Fort Dodge and Webster City Areas

\*Sat. Jan. 30th (9 am-12:15 pm) Mandatory Reporter Training

(3 hrs credit) Ft. Dodge

\*Sat. Jan. 30th(1:15 -5:30pm) CPR/First Aid

(4 hrs credit) Ft. Dodge

Register at [www.ifapa.org](http://www.ifapa.org) or call 800-277-8145

### Renew Support Group, Cornerstone Church-Ames

\* Thurs. Jan. 21 (6-8pm) "Sensory Processing Function and Dysfunction" Trainer: Elise Spunk" (2 hrs credit)

\*Register: [https://cornerstonelife.ccbchurch.com/form\\_response.php?id=907](https://cornerstonelife.ccbchurch.com/form_response.php?id=907)

### Allison Area Foster Parent Support Group

\*Waverly Vineyard Church, 319 W. Bremer

\*Tues. Jan, 5 (6-7pm) "ADHD" Presenter: Monarch Therapy Staff (1 hr credit)

\*Support to follow (7-8 pm) RSVP by Jan. 1 if child care needed.

\*Contact Nancy Magnall for more information at 319-352-3600

### Marshall County Support Group

Bi-monthly lunch support meeting

11:30-1:00 at Applebee's in Marshalltown

For dates and details:

\* Contact Mindy Speake at 515-291-1292.

## WINTER TIDBITS

*It's Here*

*January through March 2016 training schedule. View and Register now at [ifapa.org](http://ifapa.org)*

*Required RPPS Training For all foster parents now available at [ifapa.org](http://ifapa.org)*

## WINTER CRAFT

"Soap Clouds"

1 bar of Ivory soap—only Ivory!

The fresher the better.

Place a piece of waxed paper or paper towel in your microwave. Add soap and microwave on high power for a few minutes. Soon the bar of soap starts growing! (Sometimes HUGE—sometimes wimpy). So fun to play with in the tub!! If you smash it, it will break into pieces creating soap dust.

