

# NEWS FROM YOUR PEER LIAISON

**OCTOBER 2015**



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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!

## Organize For Success

**D**oes your child have trouble following a daily routine or have trouble when their daily routine is disrupted or changed? Is your child consistently distracted in the morning and running late for school or activities? Does your child have trouble learning or following the order of events in sequence? If so, a visual schedule may be beneficial to your child.

### Why Use a Visual Schedule?

- Many children who have special needs, such as autism or ADHD, become anxious when they don't know what to expect. A visual schedule can eliminate much of that anxiety as they can see a clear sequence of activities which have a beginning and an end.
- Using a visual schedule can help your child become more independent and ease through transitions.
- Your child may be able to accomplish more during their day as their schedule clearly shows which tasks need to be done and when.

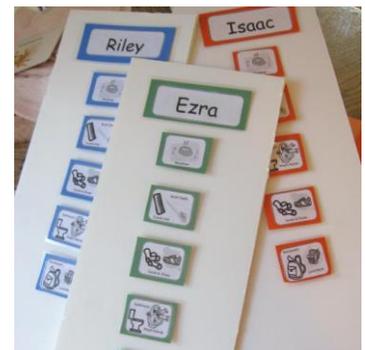
### How Do You Create a Visual Schedule?

1. Break your child's day into several steps represented by pictures or words. Be conscious of details. Be sure to include minor steps as needed for the individual.
2. Represent each activity so your child knows what is expected. Include periods like free time, meals, and bedtime
4. Determine how the schedule will be used to indicate which activities are completed and which remain to be done.
5. Find pictures to represent each activity to be completed. You may choose to affix Velcro to the back of the picture and secure it onto a binder, folder or other object. For older children, a checklist may be preferred (see examples below).

### Morning Routine



	Go Potty	
	Get Dressed	
	Breakfast	
	Brush Teeth and Hair	
	Backpack & Lunch Box	
	Shoes & Jacket	
	In Car By 7:40	



For more information: [info@ptimpact.org](mailto:info@ptimpact.org).

# NEWS FROM YOUR IFAPA PEER LIAISON

## Support Group Happenings

### Mason City & Surrounding Areas

- \* Nov. 7th , "What are You Trying to Tell Me" , 9:00-4:30 pm (Mason City NIACC)
- \* October 16-17, **Waterloo IFAPA Fall Conference.**
- \***Register** for both at [www.ifapa.org](http://www.ifapa.org).
- \* Please contact Christie McGuire with questions at 855-929-2005

### Fort Dodge and HHWW Foster/Adoptive Parent Support Groups

\*These support groups will be on hold.

- \*Contact Julie Schroeder for more information at 515-291-3029.

### Renew Support Group , Cornerstone Church-Ames

- \***Oct. 22, "Human Trafficking"** with Mike Ferjak 6:15-8:15pm  
(2 hrs credit) Register at :  
<http://cornerstonelife.com/humantraffickingawareness/>
- \* **Oct. 29, "Be Fully Present"**, 6-8pm (2 hrs credit)
- \*Register: [https://cornerstonelife.ccbchurch.com/form\\_response.php?id=857](https://cornerstonelife.ccbchurch.com/form_response.php?id=857)

### Allison Area Foster Parent Support Group

- \***Waverly Vineyard Church, 319 W. Bremer**
- \***Oct. 6, 2015** 6-7p.m. training "Who Does My Kid Think He Is?"  
Presenter: Monarch Therapy Staff (1 hr training credit)  
7-8 p.m. support. RSVP by Oct. 3 if child care needed.
- \*Contact Nancy Magnall for more information at 319-352-3600

### Marshall County Support Group

**Bi-monthly Lunch support meeting beginning on October 6th-  
11:30-1:00 at Applebee's in Marshalltown**

**For dates and details:**

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

## FALL TIDBITS

IFAPA Activities

### IFAPA's Fall Conference

Friday and Saturday,  
October 16-17, 2015

Five Sullivan Brothers  
Convention Center – Waterloo  
**Hurry and register at [ifapa.org](http://ifapa.org)!**

### Triple Chocolate Goey Bars



Prepackaged cookie dough on bottom, Reese's Peanut Butter Cup in the middle, and brownie batter on top. Bake at 350 degrees for 18 minutes.

### After School Activities!!



Hot glue black string licorice and orange and white candies onto pumpkins instead of carving.

### DIY Lawn Twister



Use a circle-shaped stencil and some paint to create the Twister game right on your lawn.