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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!



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! One of the most significant steps a child in care takes is transitioning to a new

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!**

NEWS FROM YOUR IFAPA PEER LIAISON

CURRENT NEWS

IFAPA'S ADVENTURELAND APPRECIATION DAY

*Saturday, August 20th, 2016 ... Adventureland Park, Altoona

*To Purchase Family and Guest Tickets at a reduced rate, go to ifapa.org

FRIENDS OF CHILDREN IN FOSTER CARE GRANT

*This program helps children in foster care receive funds for extras! Children (birth to 13), can receive up to 200.00 per fiscal year. Children (14 and over), can receive up to 500.00. Details and application at ifapa.org

SUPPORT GROUPS

Renew Support Group

Cornerstone Church-Ames

*THIS SUPPORT GROUP IS ON SUMMER BREAK!

*Watch my newsletter for upcoming events & details

*For more details: Contact Jason Lee(515-460-5048 or leejasond@gmail.com)

Allison Area Foster Parent Support Group

*Targeting Bremer, Butler, Grundy, Franklin counties with additional active families from Floyd & Chickasaw counties

* Back- To- School Event, Dinner is provided!

*5:00 -7:00 pm, August 20, 2016

*Kids Kingdom Shelter (Memorial Park) Waverly

*Please email school supply lists for ALL children in the household to aafpsg@gmail.com by August 16

*For more details: Contact Megan : aafpsg@gmail.com, 319.241.0623, or www.aafpsg.org

SAVE THE DATE

IFAPA'S FALL CONFERENCE

October 28 & 29th, 2016

Coralville Marriot Hotel &

Conference Center

Details to come-

Gone Fishin' Cheesy Snack Mix

Ingredients:

- 3 c. Fish-shaped snack crackers
- 2 c. pretzel sticks
- 2 c. toasted oat cereal
- 2 T. Parmesan cheese
- 1/4 c. butter, melted
- 1 tsp. Worcestershire sauce
- 1/2 tsp. celery salt
- 1/2 tsp. garlic powder
- 2 c. gummi candy fish and/or worms

Mix crackers, pretzels, cereal & cheese in bowl. Stir remaining ingred. except gummi candy in 2nd bowl. Pour butter mixture over cracker mixture. Stir & spread mixture onto ungreased baking sheet. Bake: 18-23 min. @ 350. Stir twice. Cool & stir in gummi candy.



TRAVEL GAMES

An empty mint tin becomes a portable mini chalkboard for on-the-go Tic-Tac-Toe & other travel games. A tiny tub of chalkboard paint transforms the pocket-size metal container, which is the perfect shape for storing chalk.

