



CHRISTIE MCGUIRE

IFAPA Peer Liaison

How to Contact Me:

855-929-2005

641-829-2005

cmcguire@ifapa.org

**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

Summer Self-Care

Self-care is an important lifelong parenting skill. In order to be the best parent you can possibly be, we need to ensure that we are taking care of ourselves. Our lives are busy and being a parent is demanding especially as we care for children with various needs. As a result, it is vital to take care of ourselves so that you can be there to meet the needs of the children entrusted to your care. Please make a plan to include “self-care” routinely and encourage others to see the value in this!

Enjoy all that life has to offer and make time to enjoy your hobbies and interests:

The following are some suggestions to consider:

- Writing
- Reading
- Scrapbooking
- Painting
- Date night or week-end getaway
- Fishing, camping, horseback riding
- Photography
- Go to the movies
- Practice yoga or exercising
- Gardening
- Play your favorite sport
- Go for a walk
- Listen to relaxing music
- Don't forget to laugh early and often
- Long showers or a bubble bath
- Be creative-start a new craft or shop project
- Baking, cooking, grilling, or just sitting around a campfire
- Attend a support group or training class
- Visit with your partner, other foster parents, or your IFAPA Peer Liaison

NEWS FROM YOUR IFAPA PEER LIAISON

Area Support and Trainings

*Sat. June 18 (9am-12:15pm) "Mandatory Child Abuse Reporter Training" (3 hrs) NIACC Mason City

*Register at www.ifapa.org or call 800-277-8145

*Sat. June 18 (1:15-5:30pm) "CPR and First Aid" (4 hrs) Location To Be Announced-Mason City Register and payhere:

http://www.ifapa.org/training/CPR_first_aid.asp

Fort Dodge and Webster City Areas

*Please view IFAPA's current trainings near your area at ifapa.org

Renew Support Group, Cornerstone Church-Ames

*Support group on Summer break

*Please view IFAPA's current trainings in your area at ifapa.org

Allison Area Foster Parent Support Group

Waverly Vineyard Church, 319 W. Bremer

* THIS SUPPORT GROUP IS ON SUMMER BREAK

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

Marshall County Area

*Please view IFAPA's current trainings in your area at ifapa.org

SAVE THE DATE

IFAPA'S FALL CONFERENCE

October 28 & 29th, 2016

Coralville Marriot Hotel &

Conference Center

Details to come-

SMORES IN A BAG



Here's what you need....

- marshmallows,
- chocolate chips
- cookies in a bag (fudge stripes, teddy grahams, mini Nilla wafers, & animal crackers)

Open bag, pour in chocolate chips, and roast a marshmallow....slid marshmallow into bag and mix it all up! Enjoy! They are PERFECT! and no sticky hands!