

# NEWS FROM YOUR 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

**kidsinthehouse.com**  
THE ULTIMATE PARENTING RESOURCE

## TEN TIPS FOR PARENTS OF TEENAGERS



- 1 Have a code word with your teen:** If your teen finds themselves at a party where alcohol, drugs, or sexual activities are going on, they may want to leave without "losing face." If you create a code word in advance, they can call you and say, "Is Grandma okay?" which really means, "I think I should leave this situation. Can you come get me?"
- 2 Timing counts for conversations:** Talk to your teen in the car where they don't have to look directly at you; this can help them to open up. Or, try talking to your teen at night when they are falling asleep; their defenses will be down. When your teen opens up, your job is to listen.
- 3 Choose your battles:** Don't fight about hairstyles, music and clothes. Show concern over falling or poor grades. Take control over safety and health issues; drugs, alcohol, sex and violence require firm and clear limits.
- 4 Teen brains are wired for risk-taking:** Teen brains are not fully developed in terms of judgment, analysis, and risk assessment. It is developmentally appropriate for a teenager to explore, push boundaries and take risks. Teens need your guidance.
- 5 Teenagers are more prone to addiction:** A child who starts a neuro-addictive behavior (such as drinking alcohol or smoking cigarettes) at age 14 has an exponentially increased risk of becoming an addict as an adult.
- 6 Help teenagers develop their intuition:** Ask him to listen to the voice inside, rather than following what his peers are doing. Ask your teen what his idea of the "next best action" would be, so he gets used to listening to his inner voice in any given situation.
- 7 Birth control does not condone having sex:** The USA has one of highest incidents of pregnancy of any industrialized nation. American teens are not getting information about sexual and reproductive health as readily as they need.
- 8 Teach your teenager financial literacy:** Get your teen a checkbook and have her pay her cell phone bill. Co-sign on a credit card and make sure your teen pays it off each month.
- 9 College planning starts early:** Different colleges require different pre-requisite classes; when your child is in ninth grade, have him see the guidance counselor to find out what classes are needed for the college or university that he is interested in.
- 10 Tips for the college essay:** The college essay completes the college application; more than grades, test scores and recommendations, the essay fills in the passion, interest and personality of the student.

The following Kids in the House interviews contributed to this "Ten Tips for Parents of Teenagers:" Dave Roberts, CPA, Judy Willis, MD, M.Ed, Lauren Weiss, PhD, Michael Bradley, EdD, Michael Dennis, PhD, Michael Riera, PhD, and Minerva Cano.

# NEWS FROM YOUR IFAPA PEER LIAISON

## CURRENT NEWS

### DON'T MISS IFAPA'S FALL CONFERENCE

- \*Coralville Marriot Hotel & Conference Center
- \* Friday & Saturday, October 28th & 29th, 2016
- \*Get Registered before the Oct. 19th deadline!
- \*Details at ifapa.org

Plan Ahead-Register Now!

IFAPA WILL NOT BE OFFERING TRAININGS IN DECEMBER

- \*Ifapa's current training schedule is available online at ifapa.org

## SUPPORT GROUPS

### Renew Support Group

Cornerstone Church-Ames

- \*Thurs. October, 20th 6:00-8:00p.m.
- \*Training is group lead through the book, "From Fear To Love" By Bryon Post
- \*Register at -  
[https://cornerstonelife.ccbchurch.com/form\\_response.php?id=1108](https://cornerstonelife.ccbchurch.com/form_response.php?id=1108)
- \*For more details: Contact Jason Lee(515-460-5048 or [leejasond@gmail.com](mailto:leejasond@gmail.com))

### Allison Area Foster Parents Support Group

Vineyard Community Church

319 West Bremer Ave, Waverly

- \* October 10th, 6:00-6:30 Dinner served
- \*6:30- 7:30 Training/Support : Current Drug Trends (1 hr credit)
- \*Childcare for children 5 and under 6:30-7:30
- \*Mindfulness & grounding Activity for children 6 and older
- \*For more details contact Megan : [aafpsg@gmail.com](mailto:aafpsg@gmail.com), 319.241.0623, or [www.aafpsg.org](http://www.aafpsg.org)

## FALL FOOD AND FUN!

### APPLE ANGEL FOOD CAKE



Angel Food Cake mix (one box)  
Apple Pie Filling (one can)  
Granulated Sugar (1/2 cup)  
Cinnamon, ground (2 T)  
Mix the sugar and cinnamon together. Combine cake mix and pie filling and pour into a baking dish. Top with the sugar and cinnamon. Bake at 350 for 20-30 minutes (once the top is browned ). Cool, add cool whip and/or caramel.

### WEBBED WINDOW COVERING

Turn a front door/ window into a spider's clever trap with black electrical tape. Start with three long strips of tape, creating an off-center X shape with two pieces and using the third to cut across the middle of the X, dividing your glass window into six sections. Starting at the center, add tape strips to each section until a web starts to take shape. Add a spider!

