

NEWS FROM YOUR PEER LIAISON

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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!

Tips On How To Be An Advocate For Your Child:

Educational Advocate:

Many of us have goals and one of mine is to be the best advocate I can for children. Here are a few tips that parents can use to advocate effectively with school personnel.

- *Communicate (by phone, text, email, or a communication book).
- * Speak up! (Let people know how you feel and what you think is best for your child).
- * Listen to what others have to say. Everyone has an opinion. Respect and be open to different ideas and suggestions. Strive to build good working relationships.
- *Focus on what the student needs to be successful. Give examples of what has worked previously or what works well at home.
- * State your opinions clearly to school personnel. Follow up in an email to everyone involved. Keep a copy to refer back to.
- *Ask for help! Find others in the school that can support your child and their goals. ASK Resource Center has great tips, tools, and suggestions. (askresource.org)
- * Don't give up! Keep trying—ask for meetings, write letters, & make phone calls.

Family Interaction Advocate:

To make family interactions more meaningful, a foster parent can provide "My Happy Pack" to the child to transport the things they want to show their biological parents. "My Happy Pack" can be a backpack /bag for a child to use ONLY for family interactions with their biological parents. Between family interactions, the child can be encouraged to put things into "My Happy Pack" that they are excited to share with their biological parents. These are great conversation starters. Here are some examples to be included:

- * A favorite book, stuffed animal, or toy.
- * Something cute or funny that the child said that you have jotted down on a piece of paper. Include notes, share stories, or provide information about how the child is doing in your home.
- *New words the child is saying, milestones the child has achieved.
- *A picture the child drew or colored.
- *A note from the child's teacher or an assignment the child is proud of.
- *A snapshot of the child doing a favorite activity.
- *A letter the child has written to their biological parents.

This gives biological parents a place to start their interactions; it lets them know what their child has been doing since the last family interaction, and allows the biological parent an opportunity to feel more involved in their child's life. And the child will be very proud and excited to share their "My Happy Pack"!



www.ifapa.org

NEWS FROM YOUR IFAPA PEER LIAISON

CURRENT NEWS

IFAPA'S FALL CONFERENCE

- * October 28th & 29th, 2016
 - *Coralville Marriot Hotel & Conference Center
- Get Registered and all of the details at ifapa.org

Plan Ahead-Register Now!

IFAPA WILL NOT BE OFFERING TRAININGS IN DECEMBER

- *Ifapa's current training schedule should have arrived by mail and is available online at ifapa.org

SUPPORT GROUPS

Renew Support Group

Cornerstone Church-Ames

- *THIS SUPPORT GROUP will start back up in the Fall!
- *Watch my newsletter for upcoming events & details
- *For more details: Contact Jason Lee(515-460-5048 or leejasond@gmail.com)

Allison Area Foster Parents Support Group

Vineyard Community Church
319 West Bremer Ave, Waverly

- * 6:00-6:30 Free Dinner(Pizza)RSVP at this link below.
<http://www.aafpsg.org/monthly-meetings.html>
 - *6:30- 7:30 Training/Support : Welcome Back Discussion led by Kate Haberman
- Kids Activity: Art Therapy with Valerie Thorne
- *For more details contact Megan : aafpsg@gmail.com, 319.241.0623, or www.aafpsg.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*

After School Snack

Easy Baked Mozzarella Cheese Sticks

- 2 Eggs
- 1 Marinara or pizza sauce
- 1 cup Flour
- 1 cup Italian bread crumbs
- 1 cup Panko
- 2 tbsp. Butter
- 2 tbsp. Milk
- 1 (12)CT package String cheese

1. Unwrap & cut string cheese in half.
2. Mix panko & bread crumbs in bowl.
3. Beat eggs & milk with fork in bowl.
4. Put flour in a bowl & roll cheese in it.
5. Dip the flour coated cheese in the egg mixture & then coat with the bread crumb mixture.
6. Freeze cheese sticks for 30 mins.
7. Remove cheese sticks & place on a baking sheet.
8. Melt butter & drizzle over cheese
9. Bake at 400°F for 8-10 minutes.
10. Serve with marinara/pizza sauce.



The Gummy Stick