



GWEN TIMMERMAN

IFAPA Peer Liaison

How to Contact Me:

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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

Building Trust with your Foster Child

When a child is suddenly taken from his home and family and placed in a foster home, there are bound to be issues of trust. One way for foster parents to gain a child's trust is to create a loving and nurturing environment within your own home. Let your foster child know as early as possible that he is welcome in your home, that your house is a safe one, and that he will not come to harm in your home. Besides letting your foster child know this when he joins your family, it is also important to remind him of this as often as possible. Find opportunities to show your foster child that he is important to you. For some children this might be a new experience, as they may never have been shown they are valued before.

Trust can also be built by continually showing your foster child you care for her. Building a trusting relationship means showing that you are concerned for her well-being--physically, emotionally, mentally, and academically. Showing compassion for your foster child is also an important part of building that trusting relationship, as she needs to know and feel that you care for her. Close relationships between children and adults can be key to helping children and youth avoid risky behaviors.

Trust does take time, and for some foster children it may take a very long period of time. As your foster child adjusts to his new home and environment, he needs time and patience from you. He also needs your compassion and understanding during what is likely a very emotional and traumatic time for him. Remember, he is in a new home with strangers. To him, everything is strange and different--a new home, new food, new *parents*, new *brothers and sisters*, and new rules and expectations for him to follow. Add to this a new school, along with new students and teachers, if he has moved from another school system.

It is possible your foster child may act out in a variety of ways as she struggles to understand the sudden changes in her life. She may exhibit outbursts of anger and aggressive behavior, bouts of sadness and depression or may share imaginative stories about her birth family. It is also possible that she may express no emotions at all and seem completely shut off to you. As foster parents it is important that you not take her behavior personally. After all, she is attempting to understand her feelings and cope the best way she can, and perhaps the only way she knows. The way you respond to challenging behaviors can go a long way to building a trusting relationship with the child.

(continued on page 2)

NEWS FROM YOUR IFAPA PEER LIAISON

(continued from page one)

As you foster the children in your home, you are planting seeds that you may never see come to fruition, but always remember you have made a difference in the life of a child in need. You have changed their life for the better. Years after a foster child has left your home, he may not remember your face or your name. Yet that child will remember one thing--that he was important and loved. Thank you for loving children in foster care and for changing the world, one child at a time

(Adapted from Dr. John DeGarmo)



APRIL SUPPORT GROUP/TRAINING

Waverly, Vineyard Community Church, 319 West Bremer Ave.

Parkersburg- Monarch Therapy, 505 Coates Street

Both locations meet monthly on the 1st Tuesday. **The next meeting will be on**

April 5th. One hour of training will be provided on "Co-Parenting Effectively."

Waverly meets 6pm- 8pm for training and support. Childcare available with RSVP.

Parkersburg meets 6pm-7pm for training only. No childcare.

CONTACT PERSONS: Nancy Magnall, IFAPA Resource Info Specialist

319-352-3600 or nmagnall@ifapa.org OR Gwen Timmerman, IFAPA Peer

Liaison, 319-883-3594 or gtimmerman@ifapa.org)

Waterloo-Grace Lutheran Church, 1024 W. 8th Street

Meets monthly on the 2nd Tuesday from 6:30pm-8:30pm. **The next meeting is**

April 12th. Two hours of training will be provided by Kim Combes. Training

topic is "It's Not About You-Managing Behaviors." Child-care available with

RSVP. **CONTACT PERSON:** Gwen Timmerman, IFAPA Peer Liaison, 319-883-

3594 or gtimmerman@ifapa.org)

REMINDERS:

REASONABLE & PRUDENT PARENT STANDARD IS A REQUIRED ON-LINE

TRAINING THROUGH IFAPA.ORG (30 MINUTES, NO CREDIT) DUE DATE:

SEPTEMBER 30, 2016 *THOSE WITHOUT INTERNET ACCESS CAN CONTACT

YOUR PEER LIAISON FOR ASSISTANCE: gtimmerman@ifapa.org or 319-883-3594

AMP—Achieving Maximum Potential (for Teens)

Waterloo AMP meets on the second and fourth Tuesday of each month from 6:30-

8:00 p.m. at Grace Lutheran Church, 1024 West 8th Street, Waterloo. Contact:

Jessica Christman at 515-451-4233 (cell) OR jperrychristman@gmail.com

Marshalltown AMP meets every first and third Tuesday of the month from 6-8 p.m.

at the YSS of Marshall County office located at 11 E. State St. Marshalltown.

Contact Alyson Hicks at Mtownamp@hotmail.com or call her at 641-751-1776.



SPIDER DOGS

1. Cut hot dogs into 1-inch slices
2. Break uncooked spaghetti noodles in half or thirds
3. Poke the uncooked spaghetti through the hot dog pieces
4. Place in boiling water for 8-10 minutes or until noodles are tender
5. Dip in cheese sauce or marinara sauce



**IFAPA SPRING CONFERENCE
AIRPORT HOLIDAY INN
DES MOINES
APRIL 8-9, 2016**