

# NEWS AUGUST 2016

## FROM YOUR PEER LIAISON



**GWEN TIMMERMAN**

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](http://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!

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

## LOCAL IFAPA TRAININGS:

**\*\*FOR A COMPLETE LIST OF CURRENT IFAPA TRAININGS GO TO <http://www.ifapa.org/>**

**Saturday,  
Aug. 13, 2016**  
(9am-12:15pm)

Grrr...I'm Just So Mad, Helping Young  
Children Deal w/Their Anger (Joann Seeman-  
Smith, Ph.D.)

3  
hours

**Cedar Falls**  
Hawkeye  
Community  
College  
5330 Nordic Dr

**Saturday,  
Aug. 13, 2016**  
(1:15pm-4:30pm)

Parenting the Willful Child: Helping Your Child  
Use Their Power for Good & Not Evil (Joann  
Seeman-Smith, Ph.D.)

3  
hours

**Cedar Falls**  
Hawkeye  
Community  
College  
5330 Nordic Dr

**TO REGISTER FOR A TRAINING:** Call IFAPA at 800-277-8145 ext. 1 or  
[COMPLETE OUR REGISTRATION FORM\\*](#).



## Iowa Tax Free School Shopping:

Select clothing and footwear are tax-free on August 5, 2016 and August 6, 2016. For complete information, visit the Iowa Department of Revenue website.



## IFAPA's Appreciation Day - Saturday, August 20, 2016

We hope you can join us at IFAPA's Appreciation Day for Iowa's foster, adoptive and kinship families at Adventureland Park in Altoona. Discount tickets can be pre-purchased via mail or online at [IFAPA.org](http://IFAPA.org) with a credit card. These tickets can only be used on Saturday, Aug. 20th.

**FAMILY TICKETS:** \$23 per ticket for all immediate foster and adoptive family members ages 4 and older living in your home. All children under age 3 are FREE! **GUEST TICKETS:** Tickets may be purchased for other family members (not living in your home) or friends for \$28 per person. (Regular admission tickets are \$42 per person)

**REASONABLE & PRUDENT PARENT STANDARD TRAINING:** In September 2014, Congress passed the "Prevent Sex Trafficking and Strengthening Families" Act, H.R. 4980. This law establishes prudent parent standards throughout the United States. **As part of this federal law, foster parents are now required to complete the Reasonable and Prudent Parent Standard Training by September 30, 2016.** (Note: New foster parents must take it within their first year of fostering. Please contact Gwen Timmerman, Peer Liaison, for assistance.

**UPDATE**  
YOUR CONTACT INFO



PLEASE MAKE SURE WE  
HAVE YOUR UPDATED  
CONTACT INFORMATION.  
THIS INCLUDES NAME,  
ADDRESS, PHONE, AND E-  
MAIL INFORMATION.

CONTACT GWEN  
TIMMERMAN, PEER  
LIAISON, FOR  
CORRECTIONS.



Needing a registered  
daycare?

Call:

(877) 216-8481



**IFAPA's Fall  
Conference**

**Friday & Saturday,  
October 28 & 29, 2016  
Coralville Marriott Hotel  
& Conference Center**