

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!



Helping Children in Care Cope During the Holidays

The holidays are coming! Besides a full belly and an empty wallet, what does that mean? For the children in our care, it means some developmental grieving. This is something that is discussed in PS-MAPP class during Meeting 3. Developmental grieving is when children go back through the grieving process due to milestones in their lives (holidays, prom, birthdays, etc.) because they are not with their birth family for these events. If a child in your care is behaving in a way that is not typical for them, ask yourself if that child could be experiencing developmental grieving. A few ways to help the developmental grieving process:

- Have everyone go around the room and share a memory they have of a past holiday (Thanksgiving or Christmas).
- Don't push the child to talk about their birth family, if they share a memory from school that is okay!
- Help the child work on their lifebook.
- Ask the child what their favorite food is from each holiday and then make it for them.
- Make sure not to cancel therapy appointments during the holidays no matter how busy your schedule gets.
- Last but not least, take care of YOU! You need to be at your best to help them through this difficult time.

This can be a tough time for kids in care. If the children have not experienced a holiday with you, it can be overwhelming to have so many places to go, so much food to eat, so many relatives they have never met, and so many presents to unwrap. (Remember the *Imaginary Journey* and opening the door to all of those new faces...or the *First Day* roadwork from PS-MAPP?) Keep in mind that what is "normal" for you is very foreign to them. If a child is having behaviors, they are likely not trying to ruin the holiday spirit, but rather are expressing feelings of being overwhelmed or anxious.



HAVE A FUN AND SAFE HOLIDAY!!!

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****REMINDER: NO TRAININGS IN DECEMBER****

GO TO IFAPA.ORG FOR A LISTING OF UPCOMING TRAININGS AND SUPPORT GROUPS IN YOUR AREA!

NEW REASONABLE AND PRUDENT PARENT STANDARD

Beginning September 29, 2015, foster families will be asked to sign the form, [Agreement and Consent for Activities of a Child in Foster Care Agreement](#) (Form 470--4538), on any new placement.

The purpose of this new form is to establish standards for normalcy for a child who is in foster care.

This agreement between the child's parent or guardian and their foster parent(s) is to allow a child access to age--appropriate and developmentally--appropriate activities. The child's parent or guardian acknowledges responsibility and approves the foster parent to apply the reasonable and prudent parent standard to authorize any of the following: community activities, social activities with peers, recreational activities, religious activities, employment opportunities and educational and extra--curricular school--related activities.



UPDATE YOUR CONTACT INFO

With the new year fast approaching, this is just a reminder to update all address, phone and e-mail information in order to get current information, newsletters, and other mailings. You can send any updates to me at gtimmerman@ifapa.org or call 1-844-335-9746.

RESPIRE TRAINING/INFORMATION:

Do you have a family member or friend who might be interested in providing respite care for your foster children in your home? The pilot program that offers in-home respite care for foster families in 23 northeast Iowa counties has scheduled two upcoming trainings for persons willing to be trained as certified respite providers. Interested applicants can choose to attend the training in Waverly on January 9 and January 23 or the training in Dubuque on February 6 and February 20. CPR/1st Aid and Mandatory Reporting of Child Abuse trainings will be held for potential respite providers on February 13 in Waverly and March 5 in Dubuque.

Anyone interested may contact the project coordinator, Nancy Magnall, by phone at 877-467-4100 or 319-352-3600 or by email at magnall_ifapa@msn.com. Nancy will also be attending the January meeting of the Black Hawk County Foster and Adoptive Parent Group to briefly share [information about the respite program](#). Respite providers are volunteers who receive a small stipend for providing respite care. There is no charge for the training or certification process.

HAPPY HOLIDAYS!!!

Toilet Roll Christmas Tree Craft



What you need:

Newspaper
Paper towel tube
Green spray paint
Toilet paper rolls (about 5-6)
Glitter (iridescent, or whatever you choose)

Hot glue gun

Elmer's glue

- Clear out a big area with newspaper.
- Flatten out about 5 or 6 toilet paper rolls.
- At 1" intervals, cut strips on the toilet rolls until you get several strips.
- Put the paper towel tube on the newspaper. Put all the strips on the paper also.
- Spray the paper towel tube and the strips with the green spray paint.
- Wait until all are dry.
- With the hot glue gun start at the top of the paper towel tube, make a row with the strips till they go around the top.
- The next row will go underneath the top about one half way down from the previous strip.
- The next row will be the same fashion, etc. until you reach the bottom.
- With the Elmer's glue or tacky glue, put glue on the branches on the tree and top gently sprinkle iridescent glitter or whatever glitter you want.