



GWEN TIMMERMAN

IFAPA Peer Liaison

How to Contact Me:

844-335-9746

319-883-3594

gimmerman@ifapa.org

**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!



Teaching Your Children about Cultural Diversity

Adapted from Professional Services Group, Community Impact Programs, Foster Care Training

We live in a diverse society that includes people of many races, cultures, and beliefs. Individuals possess different physical and mental characteristics as well. Teaching your child about diversity can help your child grow up to be open-minded, fair, respectful of other's rights and feelings, and aware of people's similarities and differences.

Ways to Enjoy Diversity in Daily Life

- **Toys and games:** Avoid toys that encourage stereotypes (cowboy and Indian figures, for example). Don't limit activities based on outdated gender roles. Let boys play with cooking sets. Let girls pretend to be firefighters.
- **Use a world map or globe** to locate countries that you hear about in the news or read about in books. Talk about how people from many cultures share one small planet.
- **Music:** Borrow tapes or CD's of world music from a library or buy your own. Listen to radio programs of ethnic music.
- **Books:** Read fairy tales and fables from other cultures. Talk about common themes, such as love and hate, honesty and hard work. Ask a children's librarian to recommend books with characters from different groups and lands.
- **TV, newspapers and magazines:** Watch shows about different cultures. Discuss any stereotypes or prejudice that you see on TV or in photos. For example, are the doctors usually male? Are the criminals often people of color? Talk about news events that show injustice or poverty at home or abroad.
- **Foods:** Find out where favorite foods come from (lasagna from Italy, stir fry dishes from Asia, etc). With your child, prepare a recipe from a different culture. Serve it with a familiar food to encourage acceptance. Note: kids can be picky about new foods. Tell your child its okay not to like a food after trying it, but he or she should not make fun of it.
- **Watch what you say and do:** Children will follow your example, no matter how often you talk about diversity. Examine your own prejudices and work to overcome them.

(Continued on page 2)

NEWS FROM YOUR IFAPA PEER LIAISON

(Cultural Diversity -- Continued from front page)

- **Avoid ethnic, racial and sexist humor** even about your own race or gender or ethnic heritage. (It only encourages more of the same.) Teach your children to say, "That's not funny!" or "That's not fair!" to racial, ethnic, or sexist jokes.
- **Avoid general statements**, such as "Old people can be like that." General statements can lead to stereotypes.
- **Think about other messages you may unknowingly send your child:** For example: Do you lock your car doors only when you drive through certain neighborhoods?
- **Examine your work and social life:** For example: Do you welcome relationships with people different from you? Do you invite people of other cultures and ethnicities to your home?

Keep in mind that healthy self-esteem allows children to respect others. Children with poor self-esteem are more likely to be prejudiced. They may put others down to feel better about themselves. Help build your child's esteem by letting your child know that he or she is important and special, is respected as an individual, has talents and strengths, and has rights and responsibilities.



February Support Groups and Trainings

Marshalltown- Applebee's Restaurant, 3101 S. Center Street, Meets bi-monthly.
Next meeting will be ????????

CONTACT PERSON: Mindy Speake - Youth & Shelter Services / Iowa KidsNet (515-291-1292 or mspeake@yss.ames.ia.us)

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 February 2.** One hour of training will be provided on "Building Better Relationships with Your Children."

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

Gwen Timmerman, IFAPA Peer Liaison

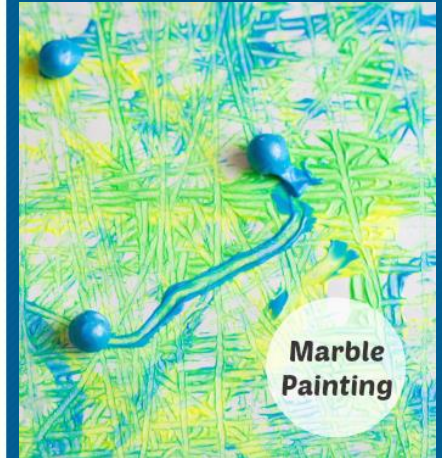
319-883-3594 or gtimmerman@ifapa.org)

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

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

February 9. Two hours of training will be provided on "It's Not About You- _____". Child care available with RSVP.

CONTACT PERSON: Gwen Timmerman, IFAPA Peer Liaison
319-883-3594 or gtimmerman@ifapa.org)



Painting with Marbles

Materials:

- Marbles
- Paints (tempera, finger paints, or acrylic)
- Muffin tin, paper plates, egg carton to hold paints
- Paper
- 9 X 13 cake pan

Directions:

1. Put paint in each section of the muffin tin.
2. Place a sheet of paper in the cake pan.
3. Dip a marble into the paint, coat it, and then set it on the paper.
4. Roll the marble around by tilting the pan.
5. You may do one color at a time or several at once.
6. Let the "art" dry. It can then be displayed or made into Valentines.

To locate and register for all IFAPA trainings, be sure to visit IFAPA.org.