



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!

National Foster Care Month

Honoring, Uniting and Celebrating Families

Every day children of all ages—from infancy through adolescence—are removed from their homes due to situations beyond their control. Scared and confused, angry and traumatized, these children need a stable home where they can be cared for temporarily or long term.

Thank you for being there to provide, care for, and love these children when they so desperately need it.

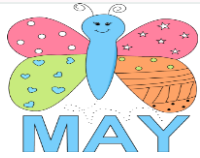


Foster parents and relative/kinship caregivers are critical partners in child welfare and are key players working to achieve permanency for children and youth in care. As primary caretakers, foster parents and kinship caregivers play significant roles in working with parents and in carrying out the tasks in a child's permanency plan. There are resources available that support caregivers' well-being and strengthen their efforts to partner and work with families and outline ways to prepare and promote the timely and safe return of children and youth to their parents.

<https://www.childwelfare.gov/fostercaremonth/resources/caregivers/>

Family reunification is the most desirable permanency goal and is the most common outcome for children in foster care. Child welfare agencies are required to implement multifaceted strategies that build on family strengths while ensuring safety. Such strategies may include family engagement, maintaining family and cultural connections, connecting families to evidence-based services, regular and frequent visits among family members and with the worker, and parent education.

NEWS FROM YOUR IFAPA PEER LIAISON



MAY SUPPORT GROUPS/TRAININGS

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**

May 3rd. One hour of training will be provided on "Parenting Kids with Disrupted Attachments."

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**

May 10th. (See special announcement below regarding this night's group.) Two hours of training will be provided by Kim Combes. Training topic is "It's Not About You-Summer Transitions". Child-care available with RSVP. **CONTACT**

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



REMINDERS:

YOU'RE INVITED... SURPRISE RETIREMENT PARTY FOR DIANNA SEEDORFF

*AT GRACE LUTHERAN CHURCH, 1024 W 8TH STREET, WATERLOO
TUESDAY, MAY 10TH, 5:00-6:30 P.M. (FOLLOWED BY REGULAR
SUPPORT GROUP, 6:30-8:30 P.M.)*

*PLEASE RSVP TO GWEN TIMMERMAN, IFAPA PEER LIAISON,
(844) 335-9746 OR gtimmerman@ifapa.org by Friday, April 29.*

*DINNER WILL BE SERVED BETWEEN 5-6:30 P.M. DURING THE
PARTY & CHILD CARE PROVIDED AT THE SUPPORT GROUP FROM
6:30-8:30 P.M.*

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 THE PEER LIAISON
FOR ASSISTANCE. 319-883-3594 or gtimmerman@ifapa.org)

Peanut Butter Banana Roll-ups



Ingredients

- ½ cup peanut butter (or almond butter), creamy or chunky
- 4, 8-inch tortillas, flour or whole wheat
- 4 bananas, ripe to eat

Instructions

1. Starting in the center of each tortilla, spread 2 tablespoons of peanut butter evenly around the entire tortilla. Leave a one-inch border plain
2. Peel the banana and place in the center of the tortilla on top of the peanut butter
3. Pull one side of the tortilla over the banana, securing the peanut butter to the banana, then roll up
4. Cut in half to serve, or cut in smaller pieces for little ones

