



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!



Organize For Success

Does your child have trouble following a daily routine or have trouble when their daily routine is disrupted or changed? Is your child consistently distracted in the morning and running late for school or activities? Does your child have trouble learning or following the order of events in sequence? If so, a visual schedule may be beneficial to your child.

Why Use a Visual Schedule?

- Many children who have special needs, such as autism or ADHD, become anxious when they don't know what to expect. A visual schedule can eliminate much of that anxiety as they can see a clear sequence of activities which have a beginning and an end.
- Using a visual schedule can help your child become more independent and ease through transitions.
- Your child may be able to accomplish more during their day as their schedule clearly shows which tasks need to be done and when.

How Do You Create a Visual Schedule?

1. Break your child's day into several steps represented by pictures or words. Be conscious of details. Be sure to include minor steps as needed for the individual.
2. Represent each activity so your child knows what is expected. Include periods like free time, meals, and bedtime
4. Determine how the schedule will be used to indicate which activities are completed and which remain to be done.
5. Find pictures to represent each activity to be completed. You may choose to affix Velcro to the back of the picture and secure it onto a binder, folder or other object. For older children, a checklist may be preferred (see examples below).



Morning Routine

	Go Potty	
	Get Dressed	
	Breakfast	
	Brush Teeth and Hair	
	Backpack & Lunch Box	
	Shoes & Jacket	
	In Car By 7:40	



For more information: info@ptimpact.org.

NEWS FROM YOUR IFAPA PEER LIAISON

Support Group Happenings

Marshalltown- Applebee's Restaurant, 3101 S. Center Street

Meets bi-monthly - beginning Oct. 6th

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

Waverly- Vineyard Community Church, 319 West Bremer Avenue

Parkersburg- Monarch Therapy, 505 Coates Street

The Waverly location offers support and training while the Parkersburg location offers only training. Both locations meet monthly on the 1st Tuesday

Waverly meets 6pm- 8pm | **Parkersburg** meets 6pm-7pm

Groups meets all 12 months /Childcare at Waverly location with RSVP

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 - 2nd Tuesday from 6:30pm-8:30pm

Group meets September through May/Child care is offered

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

WHAT IS IFAPA...?

Our History: For over 40 years, the Iowa Foster and Adoptive Parents Association (IFAPA) has been a voice for Iowa's foster and adoptive children through the support it provides to the parents of these children. In 1973, a group of foster parents joined together to create a membership organization for foster and adoptive families. IFAPA was originally operated by these volunteer foster and adoptive parents, but because of the successful growth of the organization, staff were hired to continue with IFAPA's mission. Membership is free for all foster, adoptive, and kinship parents.

Membership Benefits Include:

- Free Training Opportunities for IFAPA's Foster/Adoptive/Kinship Parents
- Free Publications Written for Iowa's Foster/Adoptive/Kinship Parents
- Free or Low-Cost Family Events
- Low-Cost Annual Spring Conference
- Free News & Views Newsletter Mailed Quarterly to Parents
- Free eNewsletter E-mailed Weekly to Parents
- Receiving Peer Support from Your IFAPA Peer Liaison

FOR MORE INFORMATION ABOUT IFAPA, GO TO THE WEBSITE AT WWW.IFAPA.ORG

FALL TIDBITS

IFAPA Activities

IFAPA's Fall Conference

Friday and Saturday,

October 16-17, 2015

Five Sullivan Brothers

Convention Center – Waterloo

Hurry and register at ifapa.org!

Triple Chocolate Goopy Bars



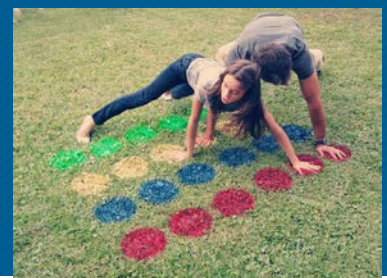
Prepackaged cookie dough on bottom, Reese's Peanut Butter Cup in the middle, and brownie batter on top. Bake at 350 degrees for 18 minutes.

After School Activities!!



Hot glue black string licorice and orange and white candies onto pumpkins instead of carving.

DIY Lawn Twister



Use a circle-shaped stencil and some paint to create the Twister game right on your lawn.