

NEWS **OCTOBER 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

7 Reasons Why Time-In and NOT Time-Out

Experienced parents often want to share with foster and adoptive parents how to raise their children, they may tell you to put your child in time-out, spank them, and offer a plethora of other solutions. Problem being, a biological child thinks very differently than a child who's worried about where their next meal will come from, if someone will come when they cry, if that someone who comes will hit or kick them. Raising a hurting child looks different, and that's okay. Because it looks so different, I am here to give you solutions that do work. So, here are some reasons why time-in is better than time-out for a hurting child.

1. Sending a hurting child to their room causes them to feel fear.

Many of our children lived in fear before they came to us.

2. Hurting children don't have the ability to self-regulate.

Hurting children are unable to regulate their emotions, and they need our help.

3. Being alone doesn't heal.

Keeping your child near you will aid in the healing process.

4. A hurting child can't calm the chaos on their own.

A traumatized child tries to *recreate that chaos* in their real world because the calm makes them uncomfortable.

5. Time-outs don't build trust.

When we send a child to time-out, they don't know if they can trust us. A hurting child has difficulty trusting caregivers.

6. Time-outs don't build relationships.

Sending them away will not build your relationship.

7. The lack of feeling safe makes our kids want to control their environment.

Your child's fears stem from their life prior to meeting you.

Adapted from source: <https://lovinadoptin.com/2014/02/21/7-reasons-why-time-in-not-time-out/>

NEWS FROM YOUR IFAPA PEER LIAISON



IFAPA's FALL 2016 CONFERENCE

http://www.ifapa.org/training/ifapa_conference.asp

Friday & Saturday, October 28 & 29, 2016

Coralville Marriott Hotel & Conference Center

VIEW CONFERENCE AT A GLANCE FLYER

VIEW CONFERENCE BROCHURE (Register via mail)

VIEW CONFERENCE ONLINE (Register online)

CONFERENCE LOCATION

Coralville Marriott Hotel & Conference Center

300 East 9th Street, Coralville

To make room reservations, call: 319-688-4000



SUPPORT GROUP INFORMATION:

ALLISON AREA SUPPORT GROUP:

Vineyard Community Church, 319 W Bremer Ave, Waverly

Meets monthly on the 2nd Monday, Meal at 6:00 p.m., Training 6:30-7:30 p.m.

Free childcare offered for ages 0-5/Structured activity for ages 6+

Contact Persons: Tammy Faux (319-610-9115 or tammy.faux@wartburg.edu)

Kate Haberman-Foelske (khaberman@monarchtherapyservices.com)

Gwen Timmerman (319-883-3594 or gtimmerman@ifapa.org)

October Meeting: 1 hr training-Current Street Drug Trends (Nora Kurtovic, Pathways)

BLACK HAWK COUNTY SUPPORT GROUP:

Grace Lutheran Church, 1024 W 8th St, Waterloo

Meets monthly on the 2nd Tuesday, 6:30-8:30 p.m.

Groups meet September-May, 2 hrs training & Free childcare offered

Contact Person: Gwen Timmerman (319-883-3594 or

gtimmerman@ifapa.org)

October Meeting: 6:30-8:30 p.m. = 6 Principles of IDEA (Individuals with Disabilities Education Act)

DID YOU MEET THE DEADLINE FOR RPPS TRAINING???

In 2014, Congress passed a new law establishing prudent parent standards throughout the United States. As part of this federal law, foster parents are now required to complete the Reasonable Prudent Parent Standard Training by September 30, 2016. For additional information and to view the RPPS training video, [CLICK HERE](#) or go to www.ifapa.org.

(Note: Newly licensed foster parents have a year to complete the training)

Happy
Halloween!



Ingredients:

- 18 Pretzel Rods
- 12 Ounces White Melting Chocolate
- Candy eyes

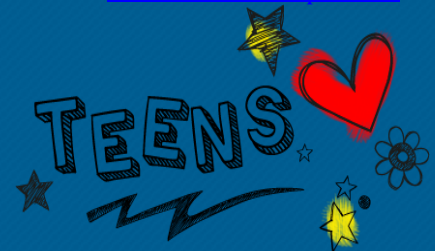
Instructions:

Melt chocolate according to package. Dip pretzel rods into white chocolate, covering about 2/3rd of the pretzel rod. Gently tap pretzel rod on the side of the Bowl to remove excess chocolate.

Place candy eyeballs on each pretzel, (if they slip off then let the chocolate sit for about a minute). Place on wax paper and set aside.

Carefully spoon remaining chocolate into a zip lock bag or a squirt bottle. If using a bag, snip of a small corner. Drizzle chocolate over pretzels, being careful not to cover the eyes. Let chocolate set completely before serving.

Source: www.letsdishrecipes.com



FUTURE FEST EVENT FOR TEENS!!!

Where: Grace Lutheran Church, 1024 W. 8th Street, Waterloo

When: Tuesday, October 25th from 5-8 p.m.

Free dinner, resources, prizes, and more... Have your teen come join the fun!!! ☺