



JANET RORHOLM

IFAPA Peer Liaison

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Find me on Facebook at:
"Corridor IFAPA Families"

**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

Ensuring successful student transitions

One of the most significant steps a child in care takes is transitioning to a new school from another school, or even transitioning to a new building within the same school district. This is a momentous step for your student. You are concerned for your student and chances are your child is pretty stressed about it too – *new teachers, a new building, let alone a whole bunch of new students to get acquainted with!*

This is an important transition in your child's life. It is critical and it can be *fun*. Check out some of the suggestions below, it is possible for you to ease the transition so that **BOTH** you and your student emerge safe and sound!

1. **Familiarize Your Student With Their Surroundings.** If you think back to your first days in college or even in a new job, you'll remember that a lot of your anxiety stemmed from being unfamiliar with your surroundings. Simple things like knowing where the restroom is can feel like major obstacles. To help your student, take a tour of the school together before school begins.
2. **Get Organized.** To help your child adapt to his new school schedule, look at ways you can jointly become organized. This may include an individual planner for them, and also a bulletin board for a family calendar, reminders and notes. Experiment with ways that work for you and your family to make sure that nothing (including homework) is forgotten.
3. **Enable Positive Peer Networking Opportunities.** When a kid is new, it is a lot like being a small fish in a big pond. Your student may be thrown into an environment where they know no one and end up feeling lost. Try to help your child develop some positive personal relationships before school starts.
4. **Encourage Independent Problem Solving.** It can be difficult to see your student struggling, but try to do your best to simply lead them in the right direction. Focus less on solving problems for your student and more on enabling them to solve their own problems.
5. **Keep Track of What Your Student is Doing.** You don't need to micromanage your student, but it is important that you're aware of what's happening in their life. If you notice their grades are slipping or they are reluctant to go to school, some part of the transition has failed and you need to work together with your student to address it.

Remember, a transition to a new school need only be as difficult as you make it. By maintaining a positive attitude (and encouraging your student to do the same), you are helping them ensure that this next phase of their life is **successful and fun!**

NEWS FROM YOUR IFAPA PEER LIAISON

???????????????? Day is Coming!

IFAPA's Appreciation Day for Iowa's foster, adoptive and kinship families will be held at Adventureland Park in Altoona on Saturday, Aug. 20. Tickets can be pre-purchased and can only be used on Aug. 20, 2016. **DEADLINE: All ticket orders must be received no later than Friday, Aug. 12.**

FAMILY TICKETS: \$23 per ticket for all immediate foster and adoptive family members ages 4 and older living in your home. All children under age 3 are FREE!

GUEST TICKETS: Tickets may be purchased for other family members (not living in your home) or friends for \$28 per person. (Regular admission tickets are \$42 each)

To order tickets online, visit <https://ifapa.ejoinme.org/Adventureland2016>. A mail-in order form is also available on our website at IFAPA.org. Phone in orders cannot be taken, sorry.

Have you completed your RPPS training?

In September 2014, Congress passed the "Prevent Sex Trafficking and Strengthening Families" Act, H.R. 4980. As part of this federal law, foster parents are now required to complete the Reasonable and Prudent Parent Standard Training by Sept. 30, 2016. It allows foster parents to give foster children permission to do age-appropriate activities that promote cognitive, emotional, physical and behavioral growth. Please click on this link to watch the 30-minute video if you haven't already done so at <http://www.ifapa.org/training/Reasonable-and-Prudent-Parent-Standard.asp>

Please note: some people have encountered problems while watching the video, which can freeze. Here are some helpful tips to avoid freezing: use Google Chrome; or clear your internet browsing history before viewing. If the video freezes on the foster parent speaking or on slides about the Reasonable and Prudent Guide to Decision Making or on the Act passed in July, hit the "Next" button at the bottom of the slide.

I also have copies of the DVD that you can watch. Let me know if you need a copy, but please note: it will not work on a DVD player, only a computer. Iowa KidsNet also should have some copies.

Another option: We will be playing the RPPS video from 6 to 6:30 p.m. before Total Training (CR support group) Aug. 18 and Sept. 15 at Four Oaks Bridge, 2100 First Ave. NE, Cedar Rapids. Stay for the RPPS training and the support group or just come to RPPS training or just support group, whatever you need. We will have childcare available.

Want to join Corridor IFAPA Families on Facebook?

If you have not yet joined us, we now have more than 100 foster parents mostly from Linn and Johnson counties and some surrounding counties on secret group (which means no one can see us). If you'd like to join, I need to send you an invite using the email you use on Facebook, just send me a note that you'd like to join.

This little community allows us a chance to get advice and support from others who know what you are going through. Families have found cribs, respite and support here. I also list upcoming trainings and events you might be interested in. Come join us!

Training Corner

Total Training, 6 to 6:30 p.m. July Aug. 18 or Sept. 15, Four Oaks Bridge, 2100 First Ave. NE, Cedar Rapids. Topic: Reasonable & Prudent Parenting Standard video, required course. Childcare offered, but RSVP with number and ages of children to jrorholm@ifapa.org

Total Training (Cedar Rapids Support Group), 6:30 to 8:30 p.m., Aug. 18 at Four Oaks Bridge, 2100 First Ave. NE, Cedar Rapids. Topic: Human Trafficking of Minors. Presented by Teresa Davidson. Worth 2 credit hours. RSVP for childcare at jrorholm@ifapa.org by the prior Tuesday noting ages of children.

Total Training (Cedar Rapids Support Group), 6:30 to 8:30 p.m., Sept. 15 at Four Oaks Bridge, 2100 First Ave. NE, Cedar Rapids. Topic: Six Principles of IDEA (the Individuals with Disabilities Act). Presented by Mari Reynolds with ASK Resources. Worth 2 credit hours.

IFAPA Training, 9 a.m. to 12:15 p.m. Aug. 13, Clarion Hotel, 2525 N. Dodge St., Iowa City. Topic: "Calming the Trauma Storm" by Marty Wallace, 3 credit hours. Register: www.ifapa.org or 1-(800) 277-8145

IFAPA Training, 1:15 to 4:30 p.m. Aug. 13, Clarion Hotel, 2525 N. Dodge St., Iowa City. Topic: "Time to Get the Schools on Board" by Marty Wallace, 3 credit hours. Register: www.ifapa.org or 1-(800) 277-8145

SAVE THE DATE, IFAPA's Fall Conference, Friday, Oct. 28 and Saturday, Oct. 29, 2016 at Coralville Marriott Hotel & Conference Center. Watch www.ifapa.org for more details.