



JERILYN KENDIG

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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!

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!**

Notice to Foster Parents

Required Training Now Available

In September 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.](#) **PLEASE complete this training ASAP!**

Foster, adoptive and kinship parents can sign up for a class* by completing our [TRAINING REGISTRATION FORM](#) or by calling our office at 800-277-8145 ext. 1. IFAPA will follow-up within two business days to confirm your enrollment in the class.

AUGUST TRAINING'S

Date & Time	Name of Training & Trainer	Credit	Location
Saturday, Aug. 6, 2016 (10am-2pm)	<u>Caring for Children with HIV</u> (Nancy Magnall) This class is being offered for families currently parenting a child with HIV and those who are opening to parenting a child in foster care that has HIV. <i>A free lunch will be provided. This class will be recorded to allow for future training opportunities of this course online.</i>	3 hours	Ankeny IFAPA Training Center 6864 NE 14th Street Suite 5
Saturday, Aug. 6, 2016 (9am-4:30p)	<u>Through the Looking Glass: Life through the Filter of Personality Disorders</u> (Dr. Summer Brunscheen)	6 hours	Ankeny First Family Church 317 SE Magazine Road, Room 203 - Second Floor
Saturday, Aug. 27, 2016 (9am-12:15pm)	<u>Don't Give Up on Me</u> (Christy Meyer)	3 hours	Ankeny IFAPA Training Center 6864 NE 14th Street Suite 5
Saturday, Aug. 27, 2016 (1:15p-4:30p)	<u>How to Talk So Everyone Will Listen</u> (Christy Meyer)	3 hours	Ankeny IFAPA Training Center 6864 NE 14th Street Suite 5



AFTER-SCHOOL SNACKS

Nutty Pretzel Wands

Spread peanut butter on the top few inches of rods. Roll in chopped peanuts and/or dried fruit.



Crackerwiches

Spread peanut butter on saltines. Top with then strawberry slices. Drizzle with honey and top each with another saltine.



Yogurtwiches

Place a scoop of frozen yogurt between graham cracker squares. Roll them in chocolate chips. Freeze until firm.

