

NEWS FROM YOUR PEER LIAISON

December 2015



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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!

Helping Children in Care Cope During the Holidays

The holidays are coming! Besides a full belly and an empty wallet, what does that mean? For the children in our care, it means some developmental grieving. This is something that is discussed in PS-MAPP class during Meeting 3. Developmental grieving is when children go back through the grieving process due to milestones in their lives (holidays, prom, birthdays, etc.) because they are not with their birth family for these events. If a child in your care is behaving in a way that is not typical for them, ask yourself if that child could be experiencing developmental grieving. A few ways to help the developmental grieving process:

- Have everyone go around the room and share a memory they have of a past holiday (Thanksgiving or Christmas).
- Don't push the child to talk about their birth family, if they share a memory from school that is okay!
- Help the child work on their lifebook.
- Ask the child what their favorite food is from each holiday and then make it for them.
- Make sure not to cancel therapy appointments during the holidays no matter how busy your schedule gets.
- Last but not least, take care of YOU! You need to be at your best to help them through this difficult time.

This can be a tough time for kids in care. If the children have not experienced a holiday with you, it can be overwhelming to have so many places to go, so much food to eat, so many relatives they have never met, and so many presents to unwrap. (Remember the *Imaginary Journey* and opening the door to all of those new faces...or the *First Day* roadwork from PS-MAPP?) Keep in mind that what is "normal" for you is very foreign to them. If a child is having behaviors, they are likely not trying to ruin the holiday spirit, but rather are expressing feelings of being overwhelmed or anxious.



NEWS FROM YOUR IFAPA PEER LIAISON

To register for a training:

Call IFAPA at 800-277-8145 ext. 1 or [REGISTER HERE](#).

NO TRAINING BEING OFFERED IN DECEMBER. ENJOY YOUR FAMILY & FRIENDS AND HAVE A VERY MERRY CHRISTMAS & HAPPY NEW YEAR!!

	Name of Training & Trainer	Credit	Location
Saturday, Jan. 9, 2016 (9am-12:15pm)	<u>Decoding the Mystery of ADHD</u> (Warren Phillips, Ph.D.)	3 hours	Ankeny
Saturday, Jan. 9, 2016 (1:15pm-4:30pm)	<u>PTSD in Children and Teens</u> (Warren Phillips, Ph.D.)	3 hours	Ankeny
Saturday, Jan. 16, 2016 (9am-12:15pm)	<u>Mandatory Child Abuse Reporter Training</u>	3 hours	Ankeny
Saturday, Jan. 16, 2016 (1:15pm-5:30pm)	CPR & First Aid (<u>Register & Pay Here</u>) To avoid late fees pay by Friday, Jan. 8	4 hours	Ankeny
Saturday, Jan. 30, 2016 (9am-12:15pm)	<u>How to Talk So Everyone Will Listen</u> (Christy Meyer)	3 hours	Ankeny
Saturday, Jan. 30, 2016 (1:15pm-4:30pm)	<u>Working Through Anger</u> (Christy Meyer)	3 hours	Ankeny

SUPPORT GROUP!

Kinship Connection Network

This group is open to kinship parents, foster parents and any type of adoptive parent.

This support group serves families in

Polk, Boone, Story, Dallas, Adair, Madison & Warren counties.

MEETING LOCATION: Lutheran Church of Hope
925 Jordan Creek Pkwy, **West Des Moines**

MEETING DAY & TIME: Meets monthly - 3rd Monday from 6:00-8:30pm
Group meets all twelve months
Childcare is offered to those who pre-register through [church website](#)

CONTACT PERSON: Angela Albers - Iowa KidsNet / Four Oaks
(515-681-5624 or aalbers@fouroaks.org)

FACEBOOK PAGE: Kinship Connection Group

Toilet Roll Christmas Tree Craft



What you need:

Newspaper
Paper towel tube
Green spray paint
Toilet paper rolls (about 5-6)
Glitter (iridescent, or whatever you choose)

Hot glue gun
Elmer's glue

- Clear out a big area with newspaper.
- Flatten out about 5 or 6 toilet paper rolls.
- At 1" intervals, cut strips on the toilet rolls until you get several strips.
- Put the paper towel tube on the newspaper. Put all the strips on the paper also.
- Spray the paper towel tube and the strips with the green spray paint.
- Wait until all are dry.
- With the hot glue gun start at the top of the paper towel tube, make a row with the strips till they go around the top.
- The next row will go underneath the top about one half way down from the previous strip.
- The next row will the same fashion, etc. until you reach the bottom.
- With the Elmer's glue or tacky glue, put glue on the branches on the tree and top gently sprinkle iridescent glitter or whatever glitter you want.

