



JERILYN KENDIG

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!

National Foster Care Month

Honoring, Uniting and Celebrating Families

Every day children of all ages—from infancy through adolescence—are removed from their homes due to situations beyond their control. Scared and confused, angry and traumatized, these children need a stable home where they can be cared for temporarily or long term.

Thank you for being there to provide, care for, and love these children when they so desperately need it.



Foster parents and relative/kinship caregivers are critical partners in child welfare and are key players working to achieve permanency for children and youth in care. As primary caretakers, foster parents and kinship caregivers play significant roles in working with parents and in carrying out the tasks in a child's permanency plan. There are resources available that support caregivers' well-being and strengthen their efforts to partner and work with families and outline ways to prepare and promote the timely and safe return of children and youth to their parents.

<https://www.childwelfare.gov/fostercaremonth/resources/caregivers/>

Family reunification is the most desirable permanency goal and is the most common outcome for children in foster care. Child welfare agencies are required to implement multifaceted strategies that build on family strengths while ensuring safety. Such strategies may include family engagement, maintaining family and cultural connections, connecting families to evidence-based services, regular and frequent visits among family members and with the worker, and parent education.

NEWS FROM YOUR IFAPA PEER LIAISON

Fun Spring Activities Checklist

The weather is warming up and everything's turning green. Shed your winter coat and get started on this list of fun ways to enjoy the spring season.

The Great Outdoors

- Plant something green
- See the cherry blossoms
- Have a picnic at the park
- Jog outside
- Take a hike
- Play softball
- Ride a bike
- Visit a farm to see the animals
- Go horseback riding

Eat & Drink

- Bake cupcake with pink (or lavender or yellow or baby blue) frosting
- Eat a ripe apricot
- Pick strawberries
- Eat Jelly Beans
- Buy a package of Peeps

Just Because

Nostalgic

- Fly a kite
- Look for four-leaf clovers
- Jump in puddles
- Get dirt under your fingernails
- Blow bubbles
- Climb a tree
- Find a playground and swing on the swings
- Feed the ducks at a pond
- Draw pictures on the sidewalk with chalk
- Skip stones across a pond

- Listen to the rain
- Watch bumblebees in the garden
- Notice the trees budding
- Spot a rainbow
- Listen to the birds singing
- Feel the sun on your face
- Leave your windows open to catch a spring breeze
- Pet a bunny
- Buy a fun umbrella
- Visit the zoo

Get caught in a rain shower

TO REGISTER FOR A TRAINING:

Call IFAPA at 800-277-8145 ext. 1 or [COMPLETE OUR REGISTRATION FORM*](#).

MAY TRAININGS

Date & Time	Name of Training & Trainer	Credit	Location
Saturday, May 7, 2016 (8:15am-4pm)	Together We Can Conference - Planning for Successful Transitions To register, click here	3 hrs	Des Moines Iowa State Fairgrounds Varied Industries Conference Center, 3000 E Grand Ave

JUNE TRAININGS

Date & Time	Name of Training & Trainer	Credit	Location
Saturday, June 4, 2016 (9am-12:15p)	The ABC's of Early Childhood Connections: Nurturing Social & Emotional Development in Infants & Toddlers (Gwen Babberl, LMHC, CADC)	3 hrs	Ankeny IFAPA Training Cntr 6864 NE 14th St. Suite 5
Saturday, June 4, 2016 (1:15p-4:30p)	Grrr...I'm Just So Mad: Helping Young Children Deal with Their Anger (Joann Seeman-Smith, Ph.D.)	3 hrs	Ankeny IFAPA Training Cntr 6864 NE 14th St. Suite 5

Peanut Butter Banana Roll-ups



Ingredients

- ½ cup peanut butter (or almond butter), creamy or chunky
- 4, 8-inch tortillas, flour or whole wheat
- 4 bananas, ripe to eat

Instructions

1. Starting in the center of each tortilla, spread 2 tablespoons of peanut butter evenly around the entire tortilla. Leave a one-inch border plain
2. Peel the banana and place in the center of the tortilla on top of the peanut butter
3. Pull one side of the tortilla over the banana, securing the peanut butter to the banana, then roll up
4. Cut in half to serve, or cut in smaller pieces for little ones

