

# NEWS FROM YOUR PEER LIAISON

## October 2015



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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!



www.ifapa.org

## Organize For Success

Does your child have trouble following a daily routine or have trouble when their daily routine is disrupted or changed? Is your child consistently distracted in the morning and running late for school or activities? Does your child have trouble learning or following the order of events in sequence? If so, a visual schedule may be beneficial to your child.

### Why Use a Visual Schedule?

- Many children who have special needs, such as autism or ADHD, become anxious when they don't know what to expect. A visual schedule can eliminate much of that anxiety as they can see a clear sequence of activities which have a beginning and an end.
- Using a visual schedule can help your child become more independent and ease through transitions.
- Your child may be able to accomplish more during their day as their schedule clearly shows which tasks need to be done and when.

### How Do You Create a Visual Schedule?

1. Break your child's day into several steps represented by pictures or words. Be conscious of details. Be sure to include minor steps as needed for the individual.
2. Represent each activity so your child knows what is expected. Include periods like free time, meals, and bedtime
4. Determine how the schedule will be used to indicate which activities are completed and which remain to be done.
5. Find pictures to represent each activity to be completed. You may choose to affix Velcro to the back of the picture and secure it onto a binder, folder or other object. For older children, a checklist may be preferred (see examples below).



### Morning Routine

	Go Potty	
	Get Dressed	
	Breakfast	
	Brush Teeth and Hair	
	Backpack & Lunch Box	
	Shoes & Jacket	
	In Car By 7:40	



For more information: [info@ptimpact.org](mailto:info@ptimpact.org).

# NEWS FROM YOUR IFAPA PEER LIAISON

## IFAPA Training

Register at 1-800-277-8145 ext. 1

[www.ifapa.org](http://www.ifapa.org)

### DES MOINES SERVICE AREA #5

Date & Time	Name of Training	Credit	Location
<b>Saturday, Oct. 3, 2015</b> 9am- 12:15pm	<a href="#">Mandatory Child Abuse Reporter Training</a> CLASS FULL - NO OPENINGS	3 hours	<b>Ankeny</b> IFAPA Training Center 6864 NE 14th St, Suite 5A
<b>Saturday, Oct. 3, 2015</b> 1:15pm- 5:30pm	CPR & First Aid CLASS FULL - NO OPENINGS	4 hours	<b>Ankeny</b> To be announced
<b>Thursday, Oct. 8, 2015</b> 6pm-8pm	<a href="#">It's Not About You - Invisible Suitcase</a>	2 hours	<b>Osceola</b> AmericInn Hotel 111 Ariel Circle
<b>Saturday, Oct. 24, 2015</b> 9am-4:30pm	<a href="#">Utilizing the NURTURED HEART APPROACH in Helping Children with Challenging Behaviors</a>	6 hours	<b>Ames</b> Hy-Vee West Store 3800 Lincoln Way Club Room
<b>Saturday, Nov. 7, 2015</b> 9am- 12:15pm	<a href="#">Facilitating Attachment in Foster and Adopted Children</a>	3 hours	<b>Ankeny</b> IFAPA Training Center 6864 NE 14th St, Suite 5A
<b>Saturday, Nov. 7, 2015</b> 1:30pm- 4:45pm	<a href="#">The Good Enough Parent: Promoting Mental Health in Young Children</a>	3 hours	<b>Ankeny</b> IFAPA Training Center 6864 NE 14th St, Suite 5A

## Get Involved With a Support Group!

Northern Polk, Boone & Story County Area Adoption Support Group

*This group is open to kinship parents, foster parents and DHS adoptive parents.*

This support group primarily serves families in Polk, Boone, Story and Dallas counties, but all are welcome to attend.

### MEETING LOCATION:

Tri-B Farms

8600 NW 16th Street, **Ankeny**

### MEETING DAY & TIME:

Meets monthly - 1st Friday

6:00pm dinner; 6:30pm break out groups

Group meets all twelve months (summer may vary)

Childcare is offered to those who pre-register

Horseback riding & meal provided

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

Check [www ifapa.org](http://www.ifapa.org) for more Support Groups

## Candy-Coated Pumpkin



Hot glue black string licorice and orange and white candies onto pumpkins instead of carving.

## DIY Lawn Twister



Use a circle-shaped stencil and some paint to create the Twister game right on your lawn.

## Triple Chocolate Gooey Bars



Prepackaged cookie dough on bottom, Reese's Peanut Butter Cup in the middle, and brownie batter on top. Bake at 350 degrees for 18 minutes.