

NEWS

September 2015

FROM YOUR 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!



www.ifapa.org



Starting the new school year can be a time of great excitement...and anxiety. Help calm your child's fears (and your own) with these teacher-approved tips.

Meet the new teacher.

For kids, one of the biggest back-to-school fears is "Will I like my new teacher?" Breaking the ice early on is one of the best ways to calm everyone's fears. Take advantage of your school's open house or back-to-school night. If personal contact with the teacher isn't possible, try locating the teacher's picture on a school website or in a yearbook, so your child can put a name with a face.

Tour the school.

If your school hosts an open house, be sure to go. Familiarizing your child with her environment will help her avoid a nervous stomach on the first day. Together you can meet her teacher, find her desk, or explore the playground. With an older child, you might ask him to give you a tour of the school. This will help refresh his memory and yours.

Connect with friends.

A familiar friend can make all the difference when heading back to school. You might try calling parents from last year's class and finding out which children are in your child's class this year. Refresh these relationships before school starts by scheduling a play date or a school carpool.

Tool up.

Obtain the class supply list and take a special shopping trip with your child. Having the right tools will help him feel prepared. While keeping basic needs in mind, allow for a couple of splurges like a cool notebook or a favorite-colored pen. These simple pleasures make going back to school a lot more fun. Get your child excited about upcoming projects by explaining how new supplies might be used. Let him practice using supplies that he's not used before — such as colored pencils or a protractor — so he will be comfortable using them in class.

Fuel your children.

Ensure sufficient rest with regular, early bedtimes. Also schedule time for a healthy breakfast. A healthy breakfast increases children's attentiveness and helps them do well in school. Proper rest and healthy meals are very important for the overall development of your kids.

Chat about today's events and tomorrow's plans.

While it is important to support learning throughout the summer, don't spend the last weeks of summer vacation reviewing last year's curriculum. All kids need some down time before the rigors of school begin. For some kids, last-minute drills can heighten anxiety, reminding them of what they've forgotten instead of what they remember.

Ease into the routine.

Switching from a summer to a school schedule can be stressful to everyone in the household. Avoid first-day-of-school mayhem by practicing your routine a few days in advance. Set the alarm clock, go through your morning rituals, and get in the car or to the bus stop on time. Routines help children feel comfortable.

Resource: pbs.org

NEWS FROM YOUR IFAPA PEER LIAISON

IFAPA Training

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

www.ifapa.org

DES MOINES SERVICE AREA #5

Date & Time	Name of Training	Credit	Location
Saturday, Aug. 29, 2015 9am- 12:15pm	<u>"Quirky Kids": Strategies for Living with Young Children with Challenging Behaviors</u>	3 hours	Ankeny IFAPA Training Center 6864 NE 14th St, Suite 5A
Saturday, Aug. 29, 2015 1:30pm- 4:45pm	<u>The Good Enough Parent: Promoting Mental Health in Young Children</u>	3 hours	Ankeny IFAPA Training Center 6864 NE 14th St, Suite 5A
Saturday, Sept. 12, 2015 9am- 12:15pm	<u>Grrr...I am Just So Mad: Helping Young Children Deal with Their Anger</u>	3 hours	Ames Hy-Vee West Store 3800 Lincoln Way Club Room
Saturday, Sept. 12, 2015 1:15pm- 5:30pm	CPR & First Aid For registration options, click here . To avoid late fees pay by Aug. 28	4 hours	Ames To be announced
Saturday, Sept. 19, 2015 9am- 12:15pm	<u>Building Relationships Through Play</u>	3 hours	Ankeny IFAPA Training Center 6864 NE 14th St, Suite 5A
Saturday, Sept. 19, 2015 1:30pm- 4:45pm	<u>But What Does Therapy Do? Demystifying the Therapy Process</u>	3 hours	Ankeny IFAPA Training Center 6864 NE 14th St, Suite 5A
Saturday, Sept. 26, 2015 9am-4:30pm	<u>Get Me Off This Roller Coaster: Coping Skills for Emotional Intensity Issues</u>	6 hours	Ankeny IFAPA Training Center 6864 NE 14th St, Suite 5A
Saturday, Oct. 3, 2015 9am- 12:15pm	<u>Mandatory Child Abuse Reporter Training</u>	3 hours	Ankeny IFAPA Training Center 6864 NE 14th St, Suite 5A

DIY LOCKER ORGANIZERS FROM CEREAL BOXES



- *Assorted cereal boxes
- *Assorted decorative tape

Step 1: Use empty cereal boxes, preferably the same size

Step 2: Remove flaps on top of boxes

Step 3: Decorate with tape as desired, stacking as many boxes as you wish

Step 4: Place in locker & enjoy!

5 SUPPLIES FOR YOUR LOCKER

Hoodie or Jacket

Keep warm in that too-cool classroom or cover up that lunchtime spill.

Water and A Healthy Snack

Trail mix and a bottle of water keep you energized all day long.

Deodorant or Body Spray

After running a mile in gym class, your favorite smell is a must-have.

Clips, Hair Ties and Headbands

These quick fixes for a bad hair day will be right at your fingertips.

Decorations

Your locker is your home-away-from-home so make it your own!