

# NEWS FROM YOUR PEER LIAISON



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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!



www.ifapa.org

## Organize For Success

**D**oes 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.

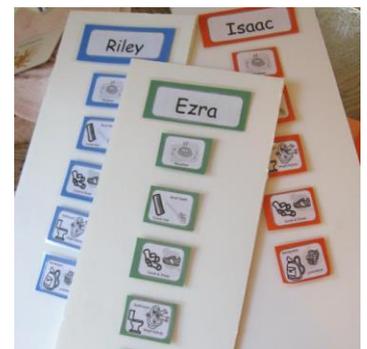
### How Do You Create a Visual Schedule?

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).

## DATES ON DECK

Tuesday, October 6, (7:00PM-9:00PM) **Understanding Discipline and Its Role in Effective Parenting** at Family Resource Center, 502 West 7<sup>th</sup> St., Carroll.

Saturday, October 10, (9:00AM-12:15PM) **How to Talk So Everyone Will Listen** at Stoney Creek Inn, 300 3<sup>rd</sup> St., Sioux City.

Saturday, October 10, (1:30PM-4:45PM) **Working Through Anger** at Stoney Creek Inn, 300 3<sup>rd</sup> St., Sioux City.

Tuesday, October 13, (6:00PM-8:00PM) **It's Not About You: Invisible Suitcase**, at ICCC East Campus, 2031 Quail Avenue, Fort Dodge.

Friday & Saturday, October 16 & 17: **IFAPA Fall Conference**, at Five Sullivan Brothers Convention Center in Waterloo, Iowa. All Foster, Adoptive, and Kinship Parents are invited to attend. Check the IFAPA website for class and registration information.

Thursday, October 29, (6:30PM-8:30PM) **Topic: TBD** at St. Mark's Church, 1614 West 5<sup>th</sup>, Storm Lake.

Saturday, November 21<sup>st</sup> – Adoption Saturday!

And, don't forget, if it has been three years since you took an approved **CPR & First Aid** training or five years since you took your **Mandatory Child Abuse** training, you will need to complete these before you can be re-licensed. If you can't remember, touch base with your IKN or DHS licensing workers; they will know!

*(Check the IFAPA website [www.ifapa.org](http://www.ifapa.org) and go to trainings, or contact me if you need info about any classes or available trainings)*

## OCTOBER FOSTER PARENT MILESTONES

Please join me in thanking the following foster parents for their years of service to Iowa's children as this month marks their renewal anniversary. Thank you for your years of dedication!

- 20+ Years: Kay & Dan Andrews; Tom & Diane Gardalen; Deborah & Arnold Thomas
- 5+ Years: Wendy Lloyd; Craig & Karen Vote

## HEADS UP! EYES & EARS OPEN!

*Pay attention to your Weekly Word! Beginning October 1<sup>st</sup>, there is a new DHS form which you need to be aware of. It will be titled Agreement and Consent for Activities of a Child in Foster Care.*



## From My Side of the Desk!

THANK YOU - "an expression of gratitude or politeness in response to something done or given." Earlier this week, I gave my neighbor lady a couple of tickets to a breakfast. (She deserved it for putting up with all that goes on next door). Sunday as I worked the breakfast, she came through and handed me an envelope, I figured it was money for the tickets, but it was a hand written thank you. Wow! How neat! I put it on my desk near another written thank you that a couple of young brothers had given me. Years ago, my dad impressed on me the impact of writing a note. I've been lazy; I say thank you and may text or phone thanks, but I don't often send notes someone can hang on to. I need to change! If I am to set a good example for the youth in my care, things need to change! And don't you think that maybe those children's parents would like a note from their child?

**AND REMEMBER:** I am just an email/phone call away. I am here for you! If you have a question, concern or celebration, give me a call. The conversations which I have with other parents are the best part of my day!

**-IFAPA John**