

October, 2016

NEWS 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

7 Reasons Why Time-In and NOT Time-Out

Experienced parents often want to share with foster and adoptive parents how to raise their children, they may tell you to put your child in time-out, spank them, and offer a plethora of other solutions. Problem being, a biological child thinks very differently than a child who's worried about where their next meal will come from, if someone will come when they cry, if that someone who comes will hit or kick them. Raising a hurting child looks different, and that's okay. Because it looks so different, I am here to give you solutions that do work. So, here are some reasons why time-in is better than time-out for a hurting child.

1. Sending a hurting child to their room causes them to feel fear.

Many of our children lived in fear before they came to us.

2. Hurting children don't have the ability to self-regulate.

Hurting children are unable to regulate their emotions, and they need our help.

3. Being alone doesn't heal.

Keeping your child near you will aid in the healing process.

4. A hurting child can't calm the chaos on their own.

A traumatized child tries to *recreate that chaos* in their real world because the calm makes them uncomfortable.

5. Time-outs don't build trust.

When we send a child to time-out, they don't know if they can trust us. A hurting child has difficulty trusting caregivers.

6. Time-outs don't build relationships.

Sending them away will not build your relationship.

7. The lack of feeling safe makes our kids want to control their environment.

Your child's fears stem from their life prior to meeting you.

DATES ON DECK

- Tuesday, October 4, 2016 (7PM-9PM) **INAY-Leaving Foster Care** at Pizza Ranch, 425 US 30, Carroll, Iowa.
- **Saturday, Oct. 22, 2016**(9am-12:15pm)Mandatory Child Abuse Reporter Training; ICCC East Campus, 2031 Quail Avenue, Fort Dodge.
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- **Saturday, Oct. 22, 2016**(9am-12:15pm)A Guide to Trauma and PTSD in Children(Jolene Philo); Stoney Creek Inn, 300 3rd Street, **Sioux City**
- **Saturday, Oct. 22, 2016**(1:15pm-4:30pm)You Can't Push My Buttons Anymore: Resolving Your Own Trauma so You Can Effectively Parent Traumatized Children(Jolene Philo); Stoney Creek Inn, 300 3rd Street, **Sioux City**
- Friday & Saturday, October 28&29, 2016; IFAPA's Fall Conference at the Coralville Marriot t Hotel & Conference Center in Coralville

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

****DON'T WAIT - Friends of Foster Care grant money is available! Check it out & Use it! The link with more information is: <http://www.ifapa.org/resources/Friends-of-Children-in-Foster-Care-Program.asp>**

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:** Dan & Kay Andrews; Tom & Diane Gardalen
- **5+ Years:** Wendy Lloyd; Karen Vote; Annette & William Brandt
- **ONE YEAR:** Jullian & Alan Angstrom; Jennifer Bruening; Melissa & Michael Delanoit; April & Aaron Kaufman; Jami Phipps & Shane Howard



From My Side of the Desk!

Parent-Teacher Conferences are nearing. Start getting prepared. How do you prepare you may ask yourself? Like all good conversations, parent-teacher conferences are best when both people talk and listen. Find out how your child is doing by asking questions like: Is my child performing at grade level? How he or she doing compared to the rest of the class? What do you see as his or her strengths? How could he or she improve? Ask what you can do at home to help your child learn. Think too, about taking the birth parent along; they actually may feel more comfortable with you there than you think, and they may be able to share info that would benefit the child!

AND REMEMBER: I am just an email/phone call away. I am here for you! If you ever 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