

# NEWS FROM YOUR PEER LIAISON

## October 2015



**MICHELLE JOHNSON**

IFAPA Peer Liaison

**How to Contact Me:**

844-627-8303

515-619-9927

mjohnson@ifapa.org

**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. 24, 2015</b> 9am-4:30pm	<u>Utilizing the NURTURED HEART APPROACH in Helping Children with Challenging Behaviors</u>	6 hours	<b>Ames</b> Hy-Vee West Store 3800 Lincoln Way Club Room
<b>Saturday, Nov. 7, 2015</b> 9am- 12:15pm	<u>Facilitating Attachment in Foster and Adopted Children</u>	3 hours	<b>Ankeny</b> IFAPA Training Center 6864 NE 14th St, Suite 5A
<b>Saturday, Nov. 7, 2015</b> 1:30pm- 4:45pm	<u>The Good Enough Parent: Promoting Mental Health in Young Children</u>	3 hours	<b>Ankeny</b> IFAPA Training Center 6864 NE 14th St, Suite 5A

## FREE FAMILY FALL FUN



### WED, OCT 21, 6-8 PM & THURS, OCT 22, 6-8 PM

The entire community is invited to the Great Pumpkin party! Kids, wear your non-scary costumes and enjoy giant inflatables, pony rides, petting zoo, The Amazing Chemistry Show, carnival games, free popcorn, and more! Plus the Iowa League of Heroes is back, and this time the princesses are joining them! With nearly 6,000 guests last year, The Great Pumpkin Party is Des Moines' best family activity this fall. And it's totally free! You won't want to miss it.

VALLEY CHURCH: 4343 FULLER RD, WEST DES MOINES | VALLEY  
COMMUNITY CENTER: 4444 FULLER RD, WEST DES MOINES

### TUESDAY, OCTOBER 20, 6-8 PM

This special night of the Great Pumpkin Party is for children with **Special Needs** and their families.

Northern Polk, Boone & Story County Area Adoption Support Group

November there will be a Special Adoption Month Celebration

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

#### 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

Childcare is offered to those who pre-register

Horseback riding & meal provided

**CONTACT PERSON:** Angela Albers (515-681-5624 or [aalbers@fouroaks.org](mailto:aalbers@fouroaks.org))  
Check [www.ifapa.org](http://www.ifapa.org) for more Support Groups.



Sunday, Oct. 25, 2:00-4:00 pm Lutheran Church of Hope in West Des Moines

Get your little ones dressed in their friendly Halloween costumes, and experience the fun of fall with our annual Trunk 'n' Treat! All children, grades 6 and under, are invited to trick-or-treat in the Hope WDM parking lot in a safe, free and family-friendly environment. Food, photo opportunities and inflatables will add to the fun, too!