

NEWS FROM YOUR PEER LIAISON

May 2016



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Connect with me on Facebook. Email me to find out more.

**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

National Foster Care Month Honoring, Uniting and Celebrating Families

Every day children of all ages—from infancy through adolescence—are removed from their homes due to situations beyond their control. Scared and confused, angry and traumatized, these children need a stable home where they can be cared for temporarily or long term.

Thank you for being there to provide, care for, and love these children when they so desperately need it.



Foster parents and relative/kinship caregivers are critical partners in child welfare and are key players working to achieve permanency for children and youth in care. As primary caretakers, foster parents and kinship caregivers play significant roles in working with parents and in carrying out the tasks in a child's permanency plan. There are resources available that support caregivers' well-being and strengthen their efforts to partner and work with families and outline ways to prepare and promote the timely and safe return of children and youth to their parents. <https://www.childwelfare.gov/fostercaremonth/resources/caregivers/>

Family reunification is the most desirable permanency goal and is the most common [outcome](#) for children in foster care. Child welfare agencies are required to implement multifaceted strategies that build on family strengths while ensuring safety. Such strategies may include family engagement, maintaining family and cultural connections, connecting families to evidence-based services, regular and frequent visits among family members and with the worker, and parent education.

www.childwelfare.gov

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Fun Spring Activities Checklist

The weather is warming up and everything's turning green. Shed your winter coat and get started on this list of fun ways to enjoy the spring season.

The Great Outdoors

Plant something green
See the cherry blossoms
Have a picnic at the park
Jog outside
Take a hike
Play softball
Ride a bike
Visit a farm to see the animals
Go horseback riding

Eat & Drink

Bake cupcake with pink, lavender or baby blue frosting
Eat a ripe apricot
Pick strawberries
Eat jelly beans
Buy a package of Peeps

Nostalgic

Fly a kite
Look for four-leaf clovers
Jump in puddles
Get dirt under your fingernails
Blow bubbles
Climb a tree
Find a playground and swing
Feed the ducks at a pond
Draw on the sidewalk with chalk
Skip stones across a pond

Just Because

Watch bumblebees in the garden
Notice the trees budding
Spot a rainbow
Listen to the birds singing
Feel the sun on your face
Leave your windows open to catch a spring breeze
Pet a bunny
Get caught in a rain shower
Visit the zoo

IFAPA Trainings in Southwest Iowa Area

Sat., May 7th 9 to 12:15 p.m. **3 Training Hours**
Nurturing Healthy Sexual Development
Council Bluffs (Location to be announced)

Sat., May 7th 1:15 p.m. to 4:30 p.m. **3 Training Hours**
Trust Based Relational Intervention
Council Bluffs (Location to be announced)

Sat., May 21st 9 to 12:15 p.m. **3 Training Hours**
Mandatory Child Abuse Reporter Training
Stoney Creek Inn 300 3rd Street
Sioux City

Sat., May 21st 1:15-5:30 p.m. **4 Training Hours**
CPR & First Aid
(To avoid late fees pay by Sun., May 8th)
Sioux City (Location to be announced)

**To register for a Training,
Call IFAPA at 800-277-8145 ext. 1 or go to ifapa.org**

Peanut Butter Banana Roll-ups



Ingredients

½ cup peanut butter (or almond butter), creamy or chunky
4, 8-inch tortillas, flour or whole wheat
4 bananas, ripe to eat

Instructions

1. Starting in the center of each tortilla, spread 2 tablespoons of peanut butter evenly around the entire tortilla. Leave a one-inch border plain
2. Peel the banana and place in the center of the tortilla on top of the peanut butter
3. Pull one side of the tortilla over the banana, securing the peanut butter to the banana, then roll up
4. Cut in half to serve, or cut in smaller pieces for little ones