

NEWS FROM YOUR PEER LIAISON



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IFAPA Peer Liaison

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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

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.

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Date & Time	Name of Training	Credit	Location
Thursday, Nov. 5, 2015 6:30pm- 8:30pm	It's Not About You: Fear and the Cognitive Triangle	2 hours	Griswold Central Church of Christ
Saturday, Nov. 7, 2015 9am-4:30pm	Helping Children Heal from the Double Trauma of Sexual Abuse and Placement	6 hours	Council Bluffs Holiday Inn Express 2211 S 32nd St
Thursday, Nov. 19, 2015 6:30pm- 8:30pm	It's Not About You: Re-Packing the Suitcase	2 hours	Essex Community Center
Saturday, Nov. 21, 2015 9am- 12:15pm	Decoding the Mystery of ADHD	3 hours	Council Bluffs Holiday Inn Express 2211 S 32nd St
Saturday, Nov. 21, 2015 1:30pm- 4:45pm	Worrywarts and How You Can Help Them: Anxiety Disorders in Children and Teens	3 hours	Council Bluffs Holiday Inn Express 2211 S 32nd St

PLEASE NOTE:

IFAPA will not be offering any trainings during the month of December.

Get Involved With a Support Group

Council Bluffs Support Group

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

This support group primarily serves families Pottawattamie counties, but all families are welcomed to come even if you are from another county.

Training Topic:

It's Not About You, Surviving the Holidays

MEETING LOCATION:

McPherson Church of Christ
1525 McPherson Avenue, Council Bluffs

MEETING DAY & TIME:

October 22nd, 2015
6:30pm to 8:30pm

For more information please contact me or go to: www.ifapa.org for more **Support Groups**. There are several coming up in the month of November.

Candy-Coated Pumpkin



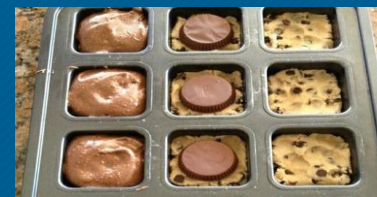
Hot glue black string licorice and orange and white candies onto pumpkins instead of carving.

DIY Lawn Twister



Use a circle-shaped stencil and some paint to create the Twister game right on your lawn.

Triple Chocolate Gooey Bars



Prepackaged cookie dough on bottom, Reese's Peanut Butter Cup in the middle, and brownie batter on top. Bake at 350 degrees for 18 minutes.