

NEWS FROM YOUR 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!



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Social Media & Internet Safety

How do we keep our kids safe online? What websites are our kids even visiting? What apps are our kids using? Parenting in the age of technology can be challenging. Technology like Internet and social media change the way children communicate. It changes the way they develop relationships with peers. Know what your kids are doing online!

Here is a list of popular social apps kids are using:

- **Twitter** – a microblogging app limited to 140 character messages called “tweets”
- **Instagram** – social media with 15 second photo and video sharing
- **Snapchat** – messaging app with a time limit before text or picture “disappears”, includes photo filters
- **YouTube** – video uploading platform with sharing capability in a “channel”
- **Musical.ly** – performance and video sharing of lip synced songs – some lewd songs
- **Live.ly** – a portion of Musical.ly that allows for live video feed
- **WhatsApp** – messaging (text, audio, video and photos) – uses address book
- **GroupMe** – messaging (photos, videos, calendar links) – risk of adult themes
- **YikYak, uChat** – brief, local chats with a claim of anonymity – bullies, live video, lewd
- **Tumblr** – combo of blog and Twitter, streaming scrapbook – public, easy explicit access
- **Kik** – text messaging within the app – stranger danger, tied to crimes, in-app ads

Technology Tips for Parents:

- Most social media sites have a minimum age of 13.
- Set firm ground rules for use and stick to them.
- Require your child to share usernames and passwords for all social media accounts. Beware of children setting up multiple accounts!
- Frequently check their devices and accounts for inappropriate content.
- Check privacy settings on the apps and Internet browser. Set to the strictest level.
- Frequently check the history on Internet browsers to see what sites have been visited and when.
- Have your child turn in electronics at night/bedtime.
- Monitor your child’s friend list within any social media account. They should only have friends they know.
- Limit screen time.
- Be a good example and teach manners with regards to how and when to use electronics.
- Communicate with children. Teach them to never share personal information online or to agree to meet someone they don’t know.

Be Smart – Build Security – Be Safe

NEWS FROM YOUR IFAPA PEER LIAISON

IFAPA's Training Schedule

| JANUARY TRAININGS | | | |
|---|--|---------|-------------------------------------|
| Date & Time | Name of Training & Trainer | Credit | Location |
| Saturday, Jan. 7, 2017 (9am-4:30pm) | The Grieving Process: How to Help You and Your Kids Heal (Matthew Hiveley, Ph.D.) | 6 hours | Ankeny IFAPA Training Cntr |
| Saturday, Jan. 7, 2017 (9am-12:15pm) | Mandatory Child Abuse Reporter Training | 3 hours | Council Bluffs TBA |
| Saturday, Jan. 7, 2017 (1:15pm- 5:30pm) | CPR and First Aid (Register & Pay Here) To avoid late fees, pay by Sunday, Jan. 1 | 4 hours | Council Bluffs TBA |
| Saturday, Jan. 14, 2017 (9am-4:30pm) | ACT on Your Stress: Stress Management for Foster and Adoptive Parents Using Acceptance & Commitment Training (Warren Phillips, Ph.D) | 6 hours | Sioux City TBA |
| Saturday, Jan. 21, 2017 (9am-12:15pm) | I Won't Do It & You Can't Make Me: Oppositional Defiant Disorder in Kids & Teens (Warren Phillips, Ph.D.) | 3 hours | Ankeny IFAPA Training Cntr |
| Saturday, Jan. 21, 2017 (1:15pm- 4:30pm) | Arrggg...What Can I Do With My Kids? The Power of Receptive Parenting vs. Reactive Parenting (Warren Phillips, Ph.D) | 3 hours | Ankeny IFAPA Training Cntr |
| Saturday, Jan. 28, 2017 (9am-12:15pm) | Mandatory Child Abuse Reporter Training | 3 hours | Ankeny IFAPA Training Cntr |
| Saturday, Jan. 28, 2017 (1:15pm- 5:30pm) | CPR and First Aid (Register & Pay Here) To avoid late fees, pay by Sunday, Jan. 15 | 4 hours | Ankeny TBA |
| Saturday, Jan. 28, 2017 (9am-4:30pm) | Family Matters - Working with Birth Families in the 21st Century (Mike McGuire) | 6 hours | Council Bluffs TBA |



5 Ways to Reduce Holiday Stress

- 1) Redefine traditions - Often times we continue holiday traditions because that is what we grew up doing. Don't be afraid to redefine tradition.
- 2) Be assertive -You know how long your children can tolerate a gathering and what their accommodations may be. Let everyone know, ahead of time, how long you will be staying. Leave when you said you would. Be assertive when asked to "stay just a little longer".
- 3) Accept help - No one says you have to do it all. Holiday decorating, baking, potlucks, gatherings, social events and more can wear you out! If people offer to help, accept it. Don't be afraid to opt out. You don't have to do it all to have happy holidays.
- 4) Don't abandon healthy habits - Get enough sleep. Get exercise. Stress eating will only make you feel tired and irritable. Have healthy snacks and get regular exercise.
- 5) Take a breather - Make time for yourself. Spending 15 minutes alone, without distractions, reduces stress and is refreshing.

TO REGISTER FOR A TRAINING: Call IFAPA at 800-277-8145 ext. 1 or [COMPLETE OUR REGISTRATION FORM*](#).