

# NEWS FROM YOUR PEER LIAISON

Nov. 2016



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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!

## How Can We Work With Birth Families During The Holidays?



Ask children about their experiences and try to incorporate some of their traditions. The children placed in your home may miss some activities that they experienced with their family or in a previous placement.



If possible, ask your child's family members about their holiday traditions and customs. Ask about their beliefs and observances. Although you may feel stretched at the holidays, try to coordinate schedules with the birth families. This gives the children a chance to share what is familiar while experiencing new traditions.



This is a good time for the youth in your home to make small gifts and send cards to their birth families or old neighbors and friends.



This is a time when many children feel conflicted feelings about their birth families and worry about them. It is a good time to let the young person know that it is okay for them to be safe and cared for even if their family struggles. Reassure them if you can, about the safety and care of their birth family.

<http://fosteringperspectives.org/fpv15n1/holidays.htm>

## Religious Differences & the Holidays

The holidays can be tough for foster families. Children in care miss their families and their traditions, while at the same time they may want to be part of the activities of the foster family. When there's a religious difference between the child's family and the foster family, things can become even more complicated.

Religion can be a sensitive issue. Legally, birth parents have the right to choose their children's religion or lack of religion. Placement of their child in foster care does not take away this right.

Of course, most foster parents try to respect the culture and religious customs of the children in their care. But what does this mean when it comes to religion?

The answer lies in establishing open lines of communication among foster parents, DHS, and the birth family. If your agency knows how you feel about religious issues (for example, if prayer makes you feel uncomfortable, or if you feel compelled to convert children and their families), it will make informed placement decisions. If you haven't already done so, consider talking with your social worker about how religion affects your role as a foster parent.

This communication works both ways. The more you know about the religion, traditions, and preferences of birth families, the easier it will be for you to act in a way that honors their beliefs.



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## NOVEMBER TRAININGS

Date & Time	Name of Training & Trainer	Credit	Location
<b>Saturday, Nov. 5, 2016</b> (9am-4:30pm)	<a href="#">Utilizing the Nurtured Heart Approach in Helping Children with Challenging Behaviors</a> (Kim Combes)	6 hours	<b>Ankeny</b> IFAPA Training Cntr 6864 NE 14th Street Suite 5
<b>Saturday, Nov. 12, 2016</b> (9am-12:15pm)	<a href="#">Mandatory Child Abuse Reporter Training</a> <b>CLASS FULL - NO OPENINGS</b>	3 hours	<b>Ankeny</b> IFAPA Training Cntr 6864 NE 14th Street Suite 5
<b>Saturday, Nov. 12, 2016</b> (1:15pm-5:30pm)	CPR and First Aid <b>CLASS FULL - NO OPENINGS</b>	4 hours	<b>Ankeny</b> TBA
<b>Saturday, Nov. 12, 2016</b> (9am-4:30pm)	<a href="#">Foster Care Meets Mental Health: A Foster Parent Dilemma!</a> (Christy Meyer)	6 hours	<b>Council Bluffs</b> Holiday Inn Express 2211 South 32nd St
<b>Saturday, Nov. 19, 2016</b> (9am-4:30pm)	<a href="#">Integrative Parenting: Strategies for Raising Children Affected by Attachment Trauma</a> (Renae Jones, MS, LMHC)	6 hours	<b>Ankeny</b> IFAPA Training Cntr 6864 NE 14th Street

### TO REGISTER FOR A TRAINING:

Call IFAPA at 800-277-8145 ext. 1 or **COMPLETE OUR REGISTRATION FORM\***.

\*If you would like to register for a CPR class, please register and pay through our CPR Registrations link below or use our mail-in CPR registration form. CPR registrations received without a payment will not be accepted.

## Easy Turkey Pinecone Craft for Kids



1. Cut a small diamond out of yellow construction paper and fold in half to create the beak.
2. Cut a wattle (rectangle with a heart shape at one end) out of red construction paper.
3. Glue beak, wattle and google eyes to pinecone.
4. Twist dark pipe cleaner around pinecone base and poke into orange.
5. Glue fall leaves to opposite side of orange to create tail feathers. (Or trace your child's hand on two different color sheets of construction paper. Cut out and glue them together, overlapping.)
6. Glue two acorn caps to bottom for feet.