

# NEWS FROM YOUR PEER LIAISON

August 2016



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IFAPA Peer Liaison

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**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



## ENSURING SUCCESSFUL STUDENT TRANSITIONS

One of the most significant steps a child in care takes is transitioning to a new school from another school, or even transitioning to a new building within the same school district. This is a momentous step for your student. You are concerned for your student and chances are your child is pretty stressed about it too – *new teachers, a new building, let alone a whole bunch of new students to get acquainted with!*

This is an important transition in your child's life. It is critical and it can be *fun*. Check out some of the suggestions below, it is possible for you to ease the transition so that **BOTH** you and your student emerge safe and sound!

1. **Familiarize Your Student With Their Surroundings.** If you think back to your first days in college or even in a new job, you'll remember that a lot of your anxiety stemmed from being unfamiliar with your surroundings. Simple things like knowing where the restroom is can feel like major obstacles. To help your student, take a tour of the school together before school begins.
2. **Get Organized.** To help your child adapt to his new school schedule, look at ways you can jointly become organized. This may include an individual planner for them, and also a bulletin board for a family calendar, reminders and notes. Experiment with ways that work for you and your family to make sure that nothing (including homework) is forgotten.
3. **Enable Positive Peer Networking Opportunities.** When a kid is new, it is a lot like being a small fish in a big pond. Your student may be thrown into an environment where they know no one and end up feeling lost. Try to help your child develop some positive personal relationships before school starts.
4. **Encourage Independent Problem Solving.** It can be difficult to see your student struggling, but try to do your best to simply lead them in the right direction. Focus less on solving problems for your student and more on enabling them to solve their own problems.
5. **Keep Track of What Your Student is Doing.** You don't need to micromanage your student, but it is important that you're aware of what's happening in their life. If you notice their grades are slipping or they are reluctant to go to school, some part of the transition has failed and you need to work together with your student to address it.

Remember, a transition to a new school need only be as difficult as **YOU** make it. By maintaining a positive attitude (and encouraging your student to do the same), you are helping them ensure that this next phase of their life is **Successful and FUN!**



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## IFAPA's Training Schedule

### AUGUST TRAININGS

Date & Time	Name of Training & Trainer	Credit	Location
Saturday, Aug. 27, 2016 (9am-12:15pm)	<u>Mandatory Child Abuse Reporter Training</u>	3 hours	Sioux City Stoney Creek Inn 300 3rd Street Nebraska Room
Saturday, Aug. 27, 2016 (1:15pm-5:30pm)	<u>CPR and First Aid</u> To avoid late fees, pay by Sunday, Aug. 14	4 hours	Sioux City TBA
Saturday, Sept. 17, 2016 (9am-12:15pm)	<u>Calming the Trauma Storm</u> (Marty Wallace, LMHC)	3 hours	Sioux City Stoney Creek Inn 300 3rd Street Nebraska Room
Saturday, Sept. 17, 2016 (1:15pm-4:30pm)	<u>Time to Get the Schools on Board</u> (Marty Wallace, LMHC)	3 hours	Sioux City Stoney Creek Inn 300 3rd Street Nebraska Room

### 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.



## IFAPA's Appreciation Day is Saturday, August 20, 2016

We hope you can join us at IFAPA's Appreciation Day for Iowa's foster, adoptive and kinship families at Adventureland Park in Altoona. Discount tickets can be pre-purchased via mail or online with a credit card. These tickets can only be used on Saturday, Aug. 20th.

### FAMILY TICKETS:

\$23 per ticket for all immediate foster and adoptive family members ages 4 and older living in your home. All children under age 3 are FREE!

### GUEST TICKETS:

Tickets may be purchased for other family members (not living in your home) or friends for \$28 per person. (Regular admission tickets are \$42 per person)

[ORDER TICKETS ONLINE](#)

[ORDER TICKETS VIA MAIL](#)

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Did you know you can shop at Amazon and help support foster and adoptive children in the State of Iowa? Shop at AmazonSmile to get started!



### [Poll on Foster Youth Issues](#)

Foster Youth in Action (FYA) wants current and former foster youth, foster parents, and professionals in the child welfare system alike to all take part in its National Poll of Foster Youth Issues.

With 16 foster youth-driven partners in 15 states, FYA is the only national organization raising up and connecting independent, grassroots groups fighting to secure rights and opportunities that current and former foster youth deserve.

The poll results will be used to help identify and raise up the priority issues of foster youth to elected officials, national advocacy groups, funders and other stakeholders during its national DC convening in October 2016.

[COMPLETE THE ONLINE POLL](#)