



**TINA VANDE KAMP**

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

## Summer Camp

There are many positive reasons to send children to summer camp. Yes, it is a great break for parents, but most importantly it is excellent for children. Please read on to learn **The Top 10 Benefits of Sending Children to Camp**, according to the Rockbrook camp for girls. Copyright 2016.

Camping as a family is also an amazing way to build bonds and connect.

**10. Spend their day being physically active** – As children spend so much time these days inside and mostly sitting down, camp provides a wonderful opportunity to move. Running, swimming, jumping, hiking, climbing! **Camp is action!**

**9. Experience success and become more confident** – Camp helps children build self-confidence and self-esteem by removing the kind of academic, athletic and social competition that shapes their lives at school. With its non-competitive activities and diverse opportunities to succeed, camp life is a real boost for young people. There's accomplishment every day.

**Camp teaches kids that they can.**

**8. Gain resiliency** – The kind of encouragement and nurture kids receive at camp makes it a great environment to endure setbacks, try new (and thereby maybe a little frightening) things, and see that improvement comes when you give something another try.

**Camp helps conquer fears.**

**7. Unplug from technology** – When kids take a break from TV, cell phones, and the Internet, they rediscover their creative powers and engage the real world— real people, real activities, and real emotions. They realize, there's always plenty to do. **Camp is real!**

**6. Develop life-long skills** – Camps provide the right instruction, equipment and facilities for kids to enhance their sports abilities, their artistic talents, and their adventure skills. The sheer variety of activities offered at camp makes it easy for kids to discover and develop what they like to do. **Camp expands every child's abilities.**

**5. Grow more independent** – Camp is the perfect place for kids to practice making decisions for themselves without parents and teachers guiding every move. Managing their daily choices in the safe, caring environment of camp, children welcome this as a freedom to blossom in new directions.

**Camp helps kids develop who they are.**

**4. Have free time for unstructured play** – Free from the overly-structured, overly-scheduled routines of home and school, life at camp gives children much needed free time to just play. Camp is a slice of carefree living where kids can relax, laugh, and be silly all day long.

**At camp we play!**

**3. Learn social skills** – Coming to camp means joining a close-knit community where everyone must agree to cooperate and respect each other. When they live in a cabin with others, kids share chores, resolve disagreements, and see firsthand the importance of sincere communication. **Camp builds teamwork.**

**2. Reconnect with nature** – Camp is a wonderful antidote to “nature deficit disorder,” to the narrow experience of modern indoor life. Outdoor experience enriches kid's perception of the world and supports healthy child development. **Camp gets kids back outside.**

**1. Make true friends** – Camp is the place where kids make their very best friends. Free from the social expectations pressuring them at school, camp encourages kids to relax and make friends easily. All the fun at camp draws everyone together— singing, laughing, talking, playing, doing almost everything together. **Every day, camp creates friendships.**



# NEWS FROM YOUR IFAPA PEER LIAISON

## RPPS – WHAT IS IT???

In September 2014, Congress passed the “Prevent Sex Trafficking and Strengthening Families” Act, H.R. 4980. This law establishes prudent parent standards throughout the United States. **As part of this federal law, foster parents are now required to complete the Reasonable and Prudent Parent Standard Training by September 30, 2016.**

The Reasonable and Prudent Parent Standard allows foster parents to give their foster children permission to do age-appropriate activities that promote cognitive, emotional, physical and behavioral growth. All states are now required to promote normalcy for children in foster care. Please click on the link below to complete this training.

<http://www.ifapa.org/training/Reasonable-and-Prudent-Parent-Standard.asp>



### REMEMBER WATER SAFETY THIS SUMMER:

Never swim alone  
 Never trust a child to supervise another child  
 Always, always monitor your kids while swimming



## IFAPA's Training Schedule

### JUNE TRAININGS

Date & Time	Name of Training & Trainer	Credit	Location
Saturday, June 11, 2016 (9am-4:30pm)	<a href="#">The Grieving Process: How to Help You and Your Kids Heal</a> (Matthew Hiveley, Ph.D.)	6 hours	<b>Spencer</b> Iowa Lakes Community College 1900 Grand Ave, Room 108
Saturday, June 18, 2016 (9am-12:15pm)	<a href="#">Everything You Wanted to Know About Fostering But Were Afraid to Ask</a> (Bambi Schrader)	3 hours	<b>Sioux City</b> Stoney Creek Inn 300 3rd Street
Saturday, June 18, 2016 (1:15pm-4:30pm)	<a href="#">"Crazy-R-Us": Managing Crises in Foster and Adoptive Homes</a> (Bambi Schrader)	3 hours	<b>Sioux City</b> Stoney Creek Inn 300 3rd Street
Saturday, July 23, 2016 (9am-12:15pm)	<a href="#">Responding to Cultural Differences: What's a Parent to Do?</a> (Heather Craig-Oldsen, MSW, CSW)*	3 hours	<b>Sioux City</b> Briar Cliff University
Saturday, July 23, 2016 (1:15pm-4:30pm)	<a href="#">Managing the Short and Long-Term Effects of Child Sexual Abuse</a> (Heather Craig-Oldsen, MSW, CSW)*	3hours	<b>Sioux City</b> Briar Cliff University

SUMMER CAMP IS A SPECIAL TYPE OF COMMUNITY WHERE KIDS COME TOGETHER TO HAVE FUN. WITHIN THE CAMP SETTING, CHILDREN DEVELOP A SENSE OF INDEPENDENCE AS THEY TRY NEW ADVENTURES AWAY FROM HOME. SUMMER CAMPS ARE KNOWN FOR PROVIDING A SAFE ENVIRONMENT WHERE CHILDREN GAIN SELF-CONFIDENCE AS THEY LEARN NEW SKILLS. CAMP IS ALSO A PLACE WHERE CHILDREN DEVELOP A VARIETY OF SOCIAL SKILLS.

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