

National Foster Care Month

Honoring, Uniting and Celebrating Families

Every day children of all ages—from infancy through adolescence—are removed from their homes due to situations beyond their control. Scared and confused, angry and traumatized, these children need a stable home where they can be cared for temporarily or long term.

Thank you for being there to provide, care for, and love these children when they so desperately need it.



Foster parents and relative/kinship caregivers are critical partners in child welfare and are key players working to achieve permanency for children and youth in care. As primary caretakers, foster parents and kinship caregivers play significant roles in working with parents and in carrying out the tasks in a child's permanency plan. There are resources available that support caregivers' well-being and strengthen their efforts to partner and work with families and outline ways to prepare and promote the timely and safe return of children and youth to their parents.

<https://www.childwelfare.gov/fostercaremonth/resources/caregiver/>

Family reunification is the most desirable permanency goal and is the most common outcome for children in foster care. Child welfare agencies are required to implement multifaceted strategies that build on family strengths while ensuring safety. Such strategies may include family engagement, maintaining family and cultural connections, connecting families to evidence-based services, regular and frequent visits among family members and with the worker, and parent education.



TINA VANDE KAMP

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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



www.ifapa.org

NEWS FROM YOUR IFAPA PEER LIAISON

SPRING AND SUMMER ACTIVITIES FOR EVERYONE

Spring and summer are great opportunities to get children outdoors, out of the daily routine, keep moving and be active, or just have a relaxing, lazy day!!

Have your child make a calendar and fill in these activities as part of your schedule. Everyone can look forward to these and many are free or low cost. Here are some ideas to get you jump started:

1. Grow something you can eat. Go to the farmer's market. Make lemonade from scratch. Make homemade ice cream.
2. Find a drive-in theater (yes there are still a few) and go see a movie.
3. Sleep outside. Catch fireflies at night. Roast marshmallows over a fire and make s'mores. Star gaze—locate the big dipper and others.
4. Pick flowers. Plant a container garden. Go on a scavenger hunt.
5. Eat outside together. Have a picnic on the lawn (in the living room if it is raining). Lie in the grass and watch the clouds (How many different things can you see in the clouds?)
6. Take an evening stroll and see how many sounds you can identify. It is amazing what you can learn (you don't have to look at each other and it can be easier for them to "share").
7. Go to the zoo. Go to the library. Go on a bike ride.
8. Park at the airport and watch the planes come in.
9. Dig for worms. Go fishing. (No fishing license needed if under 16).
10. Make a birdfeeder. Blow bubbles (yes, even with your teens!)
11. Play tag or hopscotch. Go to a baseball game. Play catch. Play badminton.
12. Make mud pies. Splash in the puddles. Run through the sprinkler.

IFAPA's Training Schedule

UPCOMING TRAININGS

Date & Time	Name of Training & Trainer	Credit	Location
Saturday, May 21, 2016 (9am-12:15pm)	Mandatory Child Abuse Reporter Training	3 hours	Sioux City Stoney Creek Inn 300 3rd Street
Saturday, May 21, 2016 (1:15pm-5:30pm)	CPR & First Aid (Register & Pay Here) To avoid late fees pay by Sunday, May 8	4 hours	Sioux City To be announced
Saturday, June 11, 2016 (9am-4:30pm)	The Grieving Process: How to Help You and Your Kids Heal (Matthew Hiveley, Ph.D.)	6 hours	Spencer To be determined
Saturday, June 18, 2016 (1:15pm-4:30pm)	"Crazy-R-U's": Managing Crises in Foster and Adoptive Homes (Bambi Schrader)	3 hours	Sioux City Stoney Creek Inn 300 3rd Street

Peanut Butter Banana Roll-ups

Ingredients

½ cup peanut butter (or almond butter), creamy or chunky

4, 8-inch tortillas, flour or whole wheat

4 bananas, ripe to eat



Instructions

1. Starting in the center of each tortilla, spread 2 tablespoons of peanut butter evenly around the entire tortilla. Leave a one-inch border plain

2. Peel the banana and place in the center of the tortilla on top of the peanut butter

3. Pull one side of the tortilla over the banana, securing the peanut butter to the banana, then roll up

4. Cut in half to serve, or cut in smaller pieces for little ones

All foster parents are required to take RPPS Training once by Sept 30, 2016. Watch the 30 min. video at ifapa.org
