

NEWS FROM YOUR PEER LIAISON



TINA VANDE KAMP

IFAPA Peer Liaison

How to Contact Me:

844-451-6813

712-451-6813

tvandekamp@ifapa.org

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

Organize For Success

Does your child have trouble following a daily routine or have trouble when their daily routine is disrupted or changed? Is your child consistently distracted in the morning and running late for school or activities? Does your child have trouble learning or following the order of events in sequence? If so, a visual schedule may be beneficial to your child.

Why Use a Visual Schedule?

- Many children who have special needs, such as autism or ADHD, become anxious when they don't know what to expect. A visual schedule can eliminate much of that anxiety as they can see a clear sequence of activities which have a beginning and an end.
- Using a visual schedule can help your child become more independent and ease through transitions.
- Your child may be able to accomplish more during their day as their schedule clearly shows which tasks need to be done and when.

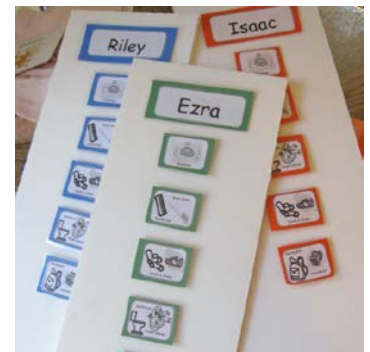
How Do You Create a Visual Schedule?

1. Break your child's day into several steps represented by pictures or words. Be conscious of details. Be sure to include minor steps as needed for the individual.
2. Represent each activity so your child knows what is expected. Include periods like free time, meals, and bedtime
4. Determine how the schedule will be used to indicate which activities are completed and which remain to be done.
5. Find pictures to represent each activity to be completed. You may choose to affix Velcro to the back of the picture and secure it onto a binder, folder or other object. For older children, a checklist may be preferred (see examples below).



Morning Routine

	Go Potty	
	Get Dressed	
	Breakfast	
	Brush Teeth and Hair	
	Backpack & Lunch Box	
	Shoes & Jacket	
	In Car By 7:40	



For more information: info@ptimpact.org.

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IFAPA's Training Schedule

WESTERN SERVICE AREA #1

Date & Time	Name of Training	Credit	Location
Saturday, Oct. 3, 2015 9am-4:30pm	Through the Looking Glass: Life through the Filter of Personality Disorders	6 hours	Council Bluffs Holiday Inn Express 2211 S 32nd St
Saturday, Oct. 10, 2015 9am-12:15pm	Mandatory Child Abuse Reporter Training	3 hours	Council Bluffs Holiday Inn Express 2211 S 32nd St
Saturday, Oct. 10, 2015 1:15pm-5:30pm	CPR & First Aid For registration options, click here . To avoid late fees pay by Sept. 25	4 hours	Council Bluffs To be announced
Saturday, Oct. 10, 2015 9am-12:15pm	How to Talk So Everyone Will Listen	3 hours	Sioux City Stoney Creek Inn 300 3rd St, Nebraska Rm
Saturday, Oct. 10, 2015 1:30pm-4:45pm	Working Through Anger	3 hours	Sioux City Stoney Creek Inn 300 3rd St, Nebraska Rm
Thursday, Oct. 15, 2015 6:30pm-8:30pm	It's Not About You: Re-Packing the Suitcase	2 hours	Sheldon Sanford Sheldon Medical Center
Thursday, Oct. 22, 2015 6pm-8pm	It's Not About You: Lying	2 hours	Spencer Dream Center
Saturday, Oct. 24, 2015 9am-12:15pm	I Won't Do It & You Can't Make Me! ODD in Kids and Teens	3 hours	Sioux City Stoney Creek Inn 300 3rd St, Nebraska Rm
Saturday, Oct. 24, 2015 1:30pm-4:45pm	Psychotherapy 101: What Therapy Is, How it Works & What You Need to Know About It to Help Your Child	3 hours	Sioux City Stoney Creek Inn 300 3rd St, Nebraska Rm

Candy-Coated Pumpkin



Hot glue black string licorice and orange and white candies onto pumpkins instead of carving.

DIY Lawn Twister



Use a circle-shaped stencil and some paint to create the Twister game right on your lawn.



Join us in Waterloo for IFAPA's Fall Conference

Friday & Saturday, October 16 & 17, 2015

Five Sullivan Brothers Convention Center – Waterloo

It's a great opportunity to network with other foster and adoptive families and to attend some great training classes!

Registration is available at www.ifapa.org.

Triple Chocolate Gooey Bars



Prepackaged cookie dough on bottom, Reese's Peanut Butter Cup in the middle, and brownie batter on top. Bake at 350 degrees for 18 minutes.