

WEBSITE RESOURCES

www.ifapa.org



TRAININGS

IFAPA offers an extensive amount of trainings to assist parents and professionals in continuing their education on the unique needs of children in foster and adoptive homes.

Find classes on:

- Attachment & Bonding
- Challenging Behaviors
- Cultural Competence
- Education & Working with Schools
- Foster Parent Required Classes
- Parenting Specific Age Groups
- Self Care/Stress Management
- Supporting LGBTQ Youth
- Trauma & Abuse
- Understanding Specific Diagnoses
- Working with Birth Families

PARENTING ARTICLES

The IFAPA website is filled with an abundance of resources to utilize throughout your parenting journey. Some of the topics you can also find on our website includes:

- Caring for Children with Attachment Issues
- Parenting Children with Challenging Behaviors
- Navigating Birth Family Relationships
- Discussing Adoption with Your Child
- Preparing for a New Foster or Adoptive Placement
- Parenting Transracially
- Maintaining Sibling Relationships
- Transitioning Teens to Adulthood
- Parenting Traumatized Children
- Resource List of Iowa Therapists with Foster & Adoption Experience

SUPPORT

PEER LIAISONS

IFAPA has eleven Foster and Adoptive Parent Peer Liaisons across the state. Peer Liaisons provide peer support to foster and adoptive parents in their assigned areas. They contact newly licensed foster homes and are available as an on-going source of information and support to all foster and adoptive parents.

SUPPORT GROUPS

IFAPA promotes over 50 foster, adoptive and kinship parent support groups located throughout the state.

FRIENDS OF CHILDREN IN FOSTER CARE

The Friends of Children in Foster Care program provides foster children with the funds they need for those special "extras" in life which they would otherwise not receive.

SUBSIDIZED ADOPTION RESPITE

Families who receive adoption subsidy are eligible for five days of respite per year. IFAPA administers the Subsidized Adoption Respite Program for DHS by facilitating the respite payments. IFAPA does not locate respite providers for adoptive parents.

EVENTS

IFAPA hosts a spring and fall conference and annual Appreciation Event for families at Adventureland. We also promote other foster care and adoption-related events.

FAIR (FOSTER ALLEGATION INFORMATION RESOURCE)

This program was developed to assist foster and adoptive parents who face an allegation of abuse or neglect and is designed to provide support, information and resources during a difficult time.

PUBLICATIONS

NEWSLETTERS

IFAPA produces two electronic newsletters (The Weekly Word and News & Views) that are sent out to foster, adoptive and kinship families and professionals. Our newsletters highlight a variety of topics including:

- Updates from DHS
- Parenting Children Who Have Experienced Trauma
- Handling Difficult Behaviors
- How to Talk to Your Child About Foster Care and Adoption
- Children with Attachment Issues
- Working with Birth Families
- Maintaining Sibling Connections
- Resources for Foster/Adoptive Youth
- Advice from Foster/Adoptive Youth
- Education-related information
- The Effects of Drugs and Alcohol

PUBLICATIONS

IFAPA has published over ten booklets on a variety of topics that pertain to parenting foster and adoptive children. All publications are available free of charge.

LIFEBOOK PAGES

IFAPA has created over 70 free lifebook pages for foster and adoptive families and social workers to use. A lifebook is a way to document a child's history with photos, personal information, memories and important people that were involved in their life.



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