

JANUARY 9, 2018

What is it Like to be a Child with Complex Trauma?

The National Child Traumatic Stress Network published a [FACTSHEET](#) for parents and caregivers that defines complex trauma and its signs and symptoms, explains its effects, and provides recommendations for how parents can help their children build resilience and recover.

The factsheet offers information about traumatic reminders—everyday incidents (sounds, smells, feelings) that cause a child to relive a traumatic event from his or her past. These triggers can cause overreactive behavior, intense anxiety, distraction and lack of focus, and other negative outcomes. Complex trauma can create irrational thinking and inaccurate perceptions related to the child's relationship with a caregiver. Because caregivers can also experience feelings of frustration and helplessness, the factsheet outlines coping strategies and provides information on self-care.

Understood

for learning & attention issues

PARENTING COACH

Could you use a hand managing your child's social, emotional and behavioral challenges? The Parenting Coach tool from Understood.org offers over 300 practical tips for parents. Parents can utilize this tool by visiting the link below and selecting their child's age and one of the following challenges listed below.

Select the challenge:

- Transitioning From Task to Task
- Getting Organized & Managing Time
- Managing ADD/ADHD
- Sticking With It & Not Giving Up Easily
- Building Independence
- Handling Frustration
- Dealing with Anxiety & Fear
- Taking Risks
- Making Friends
- Interacting with Kids
- Interacting with Adults
- Fitting In
- Using Social Media & Technology
- Problem Solving
- Improving Self-Esteem

Tips available for grades:

- Preschool through 12th Grade

[VIEW THE PARENTING COACH TOOL](#)

Understood.org is a comprehensive resource for parents of kids with learning & attention issues that provides clear answers, simple tools, & ongoing support.

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DEVELOPMENTAL ASSETS FOR KIDS

Search Institute has identified the following building blocks of healthy development—known as Developmental Assets—that enable young people to develop into successful and contributing adults.

The Assets are divided into 20 “internal” assets and 20 “external” assets. The External Assets are those relationships and experiences a young person finds in his or her immediate environment. The Internal Assets are those qualities and characteristics that develop within a young person.



[VIEW THE 40 DEVELOPMENTAL ASSETS](#)

UPCOMING IFAPA TRAININGS

Parenting the Willful Child: Helping Your Child Use Their Power for Good, Not Evil

Being willful is often seen as a bad thing. Being willful, actually, often leads to being self-motivated and determined. This class will focus on parenting strategies for children who are often seen as “difficult”. We will discuss the importance of moving away from trying to “break” their will and joining with them in a positive relationship. We’ll explore giving appropriate choices and avoiding power struggles. Parenting a willful child can be frustrating, but our goal is to try to work with the child’s strengths instead of against them.

MAR 3 - 9am-12:15 p.m (IOWA CITY) 3 Hours of Foster Parent Training Credit

Grrr....I’m Just So Mad: Helping Young Children Deal With Their Anger

This course will specifically focus on helping young children (ages 2-5) deal with anger appropriately. We will discuss how anger is most commonly expressed by young children, how to handle when children are being inappropriate in their expression of anger, and explore coping skills to teach fundamental skills to deal with emotions appropriately as they age

MAR 3 - 1:15 - 4:30 p.m (IOWA CITY) 3 Hours of Foster Parent Training Credit

Utilizing the Nurtured Heart Approach in Helping Children with Challenging Behaviors

The Nurtured Heart Approach® is a set of core methodologies originally developed for working with the most difficult child or teen. It has a proven, transformative impact on every child, including those with behavioral diagnosis such as ADHD, Autism, Asperger’s Syndrome, Oppositional Defiant Disorder, and Reactive Attachment Disorder – almost always without the need for medications or long-term treatment. Parents will discover how easy it is to not only improve their situation with a challenging or difficult child, but to transform the child through the awareness that their intensity is actually the source of their greatness. .

MAR 3 - 9>00 a.m.—4:30 p.m. (ANKENY) - 6 Hours of Foster Parent Training Credit



TO REGISTER FOR
A CLASS, CALL
800-277-8145 OR
[REGISTER ONLINE](#)

Foster Youth Internship Program Application Closes Monday

CCAI's Foster Youth Internship (FYI) Program® is a highly esteemed congressional internship for young adults who spent time in the foster care system. The FYI Program began in 2003 as an effort to raise awareness to federal policymakers about the needs and unique perspectives of those who spent time in foster care. As part of the program, CCAI organizes retreats, advocacy trainings and various networking opportunities with experts in the child welfare field. Throughout the summer, the FYI Program interns spend time researching policy issues affecting foster children across the country. These experiences allow the interns to create a policy report that is presented at a congressional briefing and released to child welfare advocates across the country.

The CCAI FYI Program is a competitive, highly esteemed congressional internship for young adults who spent (1) at least 24 consecutive months and/or (2) at least a total of 36 months in the U.S. foster care system. All applicants must have completed at least four semesters of schooling at an accredited institution of higher learning, such as a college, university, or vocational school. Participants will be placed in the Washington, D.C. offices of Members of Congress. *The dates for the FYI Program are May 29-July 27, 2018*, and the candidate must be available for the entirety of the program to qualify. Interns receive housing and a weekly stipend during their assignment in Washington, D.C.

The application deadline for this life-changing internship is THIS Monday, January 15, 2018. For more information about the program and to access the application form, please visit our [website](#).