

JULY 19, 2017

JOIN US FOR ONE OF IFAPA'S TRAININGS:

Utilizing the NURTURED HEART APPROACH in Helping Children with Challenging Behaviors

July 29 — Iowa City
 9 a.m.—4:30 p.m.

Trainer: Kim Combes

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.

Approved for 6 Hours of Training Credit

Building Relationships Through Play

August 26—Ankeny
 9 a.m.—12:15 p.m.

Trainer: Tony Raymer

This course will introduce parents and professionals to the use of play to build healthy relationships with children across the age spectrum. Through direct experiences participants will learn and practice together many different games, activities, and techniques to build relationships with children of any age. Come prepared to have some fun and to play together!

Approved for 3 Hours of Training Credit

[Click here to register for one of these or another IFAPA training](#)

Music Therapy: Sound Medicine for ADHD

Parents, take note: music therapy builds better focus, self-control, and social skills in kids with ADHD. Plus, you can incorporate these therapeutic benefits into your child's day-to-day life for free — and that's music to our ears!

“Nothing activates the brain so extensively as music,” said the late Oliver Sacks, M.D., neurologist and author of *Musophilia*. He would've known. Sacks documented the power of music to arouse movement in paralyzed Parkinson's patients, to calm the tics of Tourette syndrome, and to vault the neural breaches of autism. After his passing, his belief that music can heal the brain is still gaining favor — thanks, in part, to Gabrielle Giffords.



In January 2011, the Arizona congresswoman survived a gunshot wound to her left temple. Because language is controlled by the brain's left hemisphere, Giffords was unable to speak. As part of her arduous recovery, she underwent music therapy, which trained her to engage the right side of her brain — pairing words with melody and rhythm — to bring back speech.

“She was able to sing a word before she could speak a word, and the damaged areas of her brain were circumvented through music,” says Concetta Tomaino, executive director of the Institute for Music and Neurologic Function. “Now the neuroscience community is saying, ‘Yes, the brain changes’ and ‘Yes, auditory stimulation can help those changes happen.’” [Click here to read more.](#)

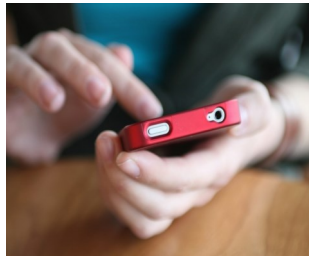
IT'S NOT TOO LATE!!

Register for one of our Sioux City trainings. We still have 10 spaces available for the morning training— “How to Talk so Everyone Will Listen” and 15 spaces for the afternoon training session: “Connect the Dots: Emotions to Behaviors” [Click Here to Save Your Spot](#)

SCREEN TIME GUIDELINES FOR KIDS MAY FINALLY GET A REALITY CHECK

My kids are and have been growing up in the age of the “no screen time for kids under age 2” recommendation by the American Academy of Pediatrics. We pretty much tried to abide by that. Well, except for those mornings when I was pregnant with #2 and so sick, I could barely gag through toasting a bagel for our then 2-year-old. Enter: PBS Kids. Oh, and then there was the phase when we were so exhausted with a newborn that we needed 30 minutes of a preoccupied toddler.

“Sesame Street”! And, unfortunately, there was the mourning period through my mother’s sickness and death. You guessed it: it was 5:30 a.m., both kids were up, my husband and I were having those dull achy, sad and exhausted mornings so what harm is a little “Wildkrats”?



We didn’t overdo it. They spent their days outdoors, at museums, at the zoo, taking long walks and spending hours at the park. But as one wise editor and boss told me once: “You’re only hurting yourself if you ban screens.”

So we knew about the guidelines, but we were the parents. We did what we did when we did it because that’s how we rolled. Probably you, too. [READ MORE](#)

IOWA'S ADOPTION RESPITE PROGRAM

Adoption Respite is a service available to adoptive families for their subsidized adopted children. Each adopted child who is subsidized is eligible for 5 days of respite service per fiscal year at \$20 per day. **Adoption Respite is ONLY available to adopted children who receive adoption subsidy from the state of Iowa. Subsidized adoptive families living out-of-state are not eligible for the five days of adoption respite.**

How is Respite Accessed? What is the time frame? **Each child is eligible for 5 days per fiscal year. The current fiscal year runs from July 1, 2017 to June 30, 2018.**

[READ MORE AND DOWNLOAD THE FORMS](#)

12 Ways to Help a Teen Handle the Emotional Challenges of Moving



Relocation is tough for every member of a family, but especially so for the teenager that’s leaving behind a school, friends, clubs and other commitments, as well as perhaps the only home he or she has ever known. Even if the move is for the good of the family, it can be difficult for a teen to imagine living anywhere else.

It’s normal for your teen to feel upset, and there are ways to make the process easier before and after the move. Let this guide lead the way to a healthy, fresh start for the entire family — without overlooking the genuine heartache of leaving a familiar home.

[READ MORE](#)



IFAPA Foster and Adoptive Families Appreciation Day at Adventureland Park—Altoona Saturday, August 19, 2017

On Saturday, August 19th, IFAPA will be hosting our annual day of fun at Adventureland for foster, adoptive and kinship families. Tickets are available to purchase through IFAPA at discounted prices. You can find the order form on IFAPA’s website: www.ifapa.org or [click here to buy tickets online](#).

Payment Methods Accepted

Families can order their Adventureland tickets online and pay by credit card. If you plan to pay with a credit card, all ticket orders/payments must be completed through the link on IFAPA’s website (no credit card orders will be accepted over the phone or in-person). Families who wish to order their tickets and pay with a check or money order, can mail in or drop off the registration / ticket order form with their payment.

DEADLINE: All ticket orders must be submitted no later than Monday, Aug. 14th.