

JUNE 21, 2017

ORDER YOUR ADVENTURELAND TICKETS NOW—FOR IFAPA'S ADVENTURELAND EVENT: AUGUST 19, 2017

[GO TO IFAPA'S TICKET PAGE](#)

Fo\$ter Fund\$

Resource Families (foster and adoptive families) go out of their way to involve youth in healthy social, developmental and cultural activities. You may be aware that IFAPA has provided grants to support youth activities or interests for years, referred to as "Friends of Children in Foster Care"; that directly funds or reimburse caretakers when there is a cost for goods, memberships, or fees.

The funding for children 14 years of age and older is not going away, but the "Friends" name and the administration will change, effective July 1, 2017. The Iowa Foster Care Youth Council (AMP), which is administered by YSS Inc., will be taking over the grant funds. There are a few key changes you should be aware of:

- Grant Applications for activities or purchases through June 30, 2017 remain unchanged.
- AMP youth have embraced this program and have given it a new name. The grant funds will be called **Fo\$ter Fund\$**.

Eligible youth include:

- Youth in state paid foster care, age 14 or older.
- Max funding is \$300 per year.
- Applications for Fo\$ter Fund\$ will be posted on the AMP website, no later than July 1, 2017.

Don't Miss These Deadlines!

IFAPA has special money for teens (14 & up) in foster care that can only be requested through 6/30/17. These grants will be available for up to \$500 per youth. [VIEW APPLICATION](#)

Each adopted child who receives a subsidy from Iowa is eligible to receive five days of respite care per fiscal year at \$20 per day. All respite days must be used by 6/30/17 and submitted to IFAPA by 7/7/17. [VIEW ADOPTION RESPITE FORM](#)

UPCOMING TRAININGS

Saturday, July 22:

Worrywarts...
Understanding
Anxiety Disorders
in Children

Ankeny: 9 –12:15

Trainer:

Warren Phillips, PhD

I Won't Do It and
You Can't Make
Me

Ankeny: 1:15—4:30

Trainer:

Warren Phillips, PhD

What is a Trust-Based Relational Intervention?

Changing the Wiring of Your Child's Brain

A MUST
WATCH
VIDEO

10 WAYS DADS OF KIDS WITH REACTIVE ATTACHMENT DISORDER CAN PROTECT THEIR FAMILIES

Source: *Institute for Attachment and Child Development*

Dear Fathers/Significant Others of Children with Reactive Attachment Disorder,

Parenting children with developmental trauma is tough for both parties. While mothers typically get the brunt of it (see tip #1 below), it's tough for fathers/significant others too. Many relationships suffer. You may feel as though nothing you do is right in her eyes. You may feel confused or frustrated by your child. You may feel like giving up and just stepping aside, either by physically leaving or mentally checking out.

But it's not time to step out. It's time to keep going even stronger. You are so important for the wellness of your wife/partner and children. They all need you. Here at the Institute for Attachment and Child Development, we often focus on how dads can support their wives. That's critical for the health of your relationship and your family. Many men have the need to protect and provide for their families. Keep that up. As an adoptive father of children with reactive attachment disorder and a therapeutic treatment dad here at the Institute for Attachment and Child Development, I know firsthand what you're going through.

Here are my tips as a fellow dad of kids with reactive attachment disorder about how to protect and provide for your family during these challenging times—

1. **Invest plenty of time and education to understand the “nurturing enemy” dynamic.** Your understanding of it will help you to become a better support figure to your wife and to understand how your wife feels after a challenging day with a child with reactive attachment disorder. Get started now and read: [How an adoptive mom becomes a “nurturing enemy”](#) (an unfortunate symptom of reactive attachment disorder)
2. **Communicate with your wife/significant other.** Protect your relationship. Your child instinctively controls and manipulates his environment at all costs. The more your child with reactive attachment disorder can drive a wedge between the two of you, the more he feels in control. Do not allow that to happen.

[CONTINUE READING](#)

WHY YOU AND YOUR CHILD NEED A WEIGHTED BLANKET!

By Kathryn Sneed

As a special needs parent you probably have heard about weighted blankets before, but did you know weighted blankets are good for both children AND adults?

A weighted blanket can provide a sense of calm for a wide range of individuals, including those with some of these disorders:

- Autism
- ADHD
- SPD (Sensory Processing Disorder)
- Anxiety
- PTSD
- Insomnia
- Restless Leg Syndrome

It's almost like a weighted blanket could solve the world's problems, right?

I bought my husband a weighted blanket for Christmas this past year and it was one of the best gifts I ever could have gotten him. While weighted blankets can be a bit pricey, it's worth it for the price of a good night's sleep and a high-quality blanket!

My husband has sleep apnea, restless leg syndrome, and anxiety and since receiving the weighted blanket, he has had a better quality of sleep, his restless legs have stopped almost completely, and his anxiety levels have lowered.

Now, I'm saving up to buy my own weighted blanket to help with my anxiety, PTSD, and insomnia. I have taken a nap with my husband's weighted blanket and it was one of the best naps I've ever had...

[CONTINUE READING](#)