

NOVEMBER 1, 2017

NOVEMBER IS NATIONAL ADOPTION MONTH

The Iowa Foster and Adoptive Parents Association (IFAPA) wants to recognize and thank all the wonderful families who have given Iowa's children a permanent home. Your dedication and steadfast support for children is appreciated.

IFAPA recognizes that whether you have adopted from foster care or privately (both domestically and internationally), you are often not fully aware of your child's neonatal, developmental or environmental histories. As a result, you face a special set of circumstances when parenting your child. No matter the type of adoption, living in Iowa means you are eligible to utilize any of IFAPA's trainings or support! We encourage you to check out our training schedule on the next page and take advantage of courses that can help you to better understand the behaviors of your child as well as find ways to make daily life more manageable for all. Even if your child does not have significant needs, we have classes that can get you ready to parent teens, parent a child of a different ethnicity and learn how to better communicate with your child, just to name a few. We encourage you to take advantage of all of the resources below that IFAPA has to offer you as an adoptive parent!

[Lifebook Pages](#)

[Publications for Foster, Adoptive & Kinship Parents](#)

[Adoption Respite](#)
 (for Subsidized Adoptive Parents)

[Adoption Resources](#)

[Online Resources for Parents](#)



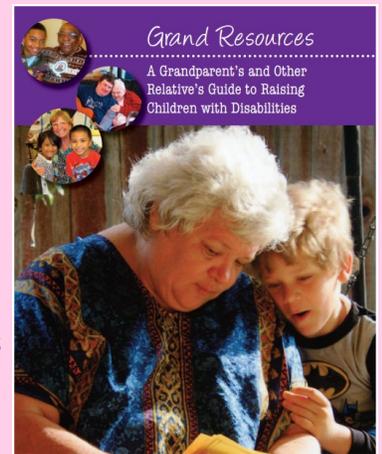
VIEW 30 WAYS TO CELEBRATE NATIONAL ADOPTION MONTH

Grandparents & Other Relatives Raising Children with Disabilities

Generations United developed

[this guide](#) and [resource directory](#) to equip

caregivers, including those that provide full and part-time care to relative children, with the national resources they need to help their children thrive, now and in the future. The resource directory serves as a companion piece to the guide and provides a detailed list of the quality services, resources, information, and advocacy tools vital for children with disabilities.



Start Talking

Not sure when—or how—to bring up adoption with your toddler or preschooler? Here's where to begin.

By Lee Tobin McClain, Ph.D.

You've attended workshops, read all of the expert advice, rehearsed the story, and you plan to tell your young child about his adoption...any day now.

Except that your mother questions the need to talk about adoption ("He's too young to understand"). And your best friend suggests waiting until your son brings it up ("so you don't put ideas in his head"). And you find yourself stuttering when you try to say "birthmother" or "you didn't grow in my tummy."

The first couple of times my daughter asked about adoption, I felt tongue-tied by a flood of emotion: sadness for her birthmother, discomfort about my infertility, fear that I would say the wrong thing to her and damage her tiny psyche.

Even though adoption has moved toward openness, telling young children about it can be hard. Yet all the experts agree: We have to do it. And the younger we start, the better.

[CONTINUE READING](#)

[VIEW OTHER HELPFUL ARTICLES](#)

6 QUESTIONS EVERY ADOPTED TEEN WANTS ANSWERED

By Debbie Riley, M.S., with John Meeks, M.D.

As children reach the teen years, the simple adoption stories of their early years no longer suffice. In this excerpt from *Beneath the Mask: Understanding Adopted Teens*, we take a look at what goes on in the minds of teens, and offer advice for talking with them.

Prior to adolescence, children are extremely curious about their adoption stories. Although they question the circumstances that led to their adoption, most of them seem to accept the answers calmly. But adolescents often demand fuller and more factual answers. They understand that most mothers love, nurture, protect, and keep their babies. Why not in their case? Was there something terribly wrong or unlovable about them?

[CONTINUE READING](#)

FOSTER CARE & WHAT I FEAR MOST FOR MY OWN KIDS

Written By: Jason Johnson

We are in the middle of building a home right now. The process has been fun, especially since our daughters are for the most part old enough to enjoy it with us. They get excited about their new rooms, their new neighborhood and their new friends next door and down the street.

The building process has brought up several interesting conversations with them - most notably ones about how many more sisters they want in our family and where their rooms are going to be in the new house. On some level they understand something just as much as my wife and I do - this house is not just for us.

Two and a half years ago a newborn baby girl was dropped off at our home by Child Protective Services and we have never been the same. She has since become our daughter and her presence in our family has profoundly changed us - in obvious family-picture type ways but also in subtle, less seen, more perspective-shifting type ways. Our daughters have not gone unaffected - they want more sisters - they want our home to be a place where kids who need a family can find one forever.

So do we.

A DIFFERENT KIND OF CONCERN

I used to be concerned about the effect bringing a foster child into our family would have on our kids. Would it take away from the attention they deserve from us? Would it interrupt their routines? Would they resent us for it? Now, after the fact, I'm more concerned about the effect NOT bringing a foster child into our home would have had on our kids. It has changed them, for the better, and I'm convinced they will never be the same as a result of it. [CONTINUE READING](#)