

NOVEMBER 13, 2018

GET YOUR TRAINING HOURS IN 2018

To register for a class, or to check out other winter trainings, go to the IFAPA Training webpage by [CLICKING HERE](#).

DATE & TIME	LOCATION	TRAINING
Sat., Dec 1 9am-12:15pm	Coralville Radisson Hotel	Demystifying Therapy (3 hours credit) Trainer: Rebecca Dickinson, MSW
Sat., Dec. 1 9am-12:15pm	Ankeny IFAPA Training Center	Grief and Loss (6 hours credit) Trainer: Matthew Hiveley, PhD
Sat., Dec. 15 1:30pm-4:45pm	Ankeny IFAPA Training Center	Get Me Off This Roller Coaster (3 hours credit) Trainer: Summer Brunscheen, PhD
Sat., Dec. 15 1:15pm-5:30pm	Ankeny IFAPA Training Center	Why Don't Friends Come With Instruction Manuals? (3 hours credit) Trainer: Summer Brunscheen, PhD

FRIENDS OF IOWA FOSTER CHILDREN PROGRAM FOR YOUTH AGE 13 AND UNDER

How to Apply for a Friends Grant?

To be considered for Friends funding, please complete an application and send it along with copies of receipts/invoices to the address on the form. Applications that are received without receipts/invoices cannot be processed. Please allow at least 10 business days for applications to be reviewed. Decisions will be made on an individual basis.

APPLICATION FORM:

The maximum grant request limit for children age birth to age 13 is \$200 per child per fiscal year. IFAPA's fiscal year runs July 1 - June 30.

[FRIENDS APPLICATION](#) (PDF)

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. [VIEW OTHER KINSHIP LINKS](#)

Grand Resources

A Grandparent's and Other Relative's Guide to Raising Children with Disabilities



“WE CAN'T HELP EVERYONE
 — BUT —
 EVERYONE CAN HELP SOMEONE.
 ~ RONALD REAGAN
 Asai

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.

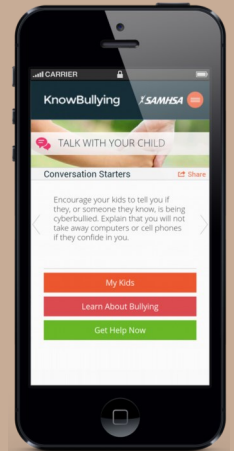
A DIFFERENT KIND OF CONCERN

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](#)

PREVENT BULLYING

Free App for Parents

Research shows that parents and caregivers who spend at least 15 minutes a day talking with their child can build the foundation for a strong relationship and help prevent bullying.



The time you spend will help boost your children's confidence and build effective strategies for facing bullying—whether children are being bullied, engaging in bullying, or witnessing bullying.

Take a few minutes and “check in,” by asking about school, their friends, and any challenges they face. KnowBullying has simple conversation starters to begin a discussion with your child.

App Features

- **Conversation Starters:** Start easy, meaningful conversations with your children.
- **Tips:** Learn strategies to prevent bullying for ages 3-6, 7-13, and teens.
- **Warning Signs:** Recognize if your child is engaging in bullying, being bullied, or witnessing bullying.
- **Reminders:** Talk with your child when the time feels right: a quiet moment on the way to school or a game, during dinner, or relaxing outside.
- **Social Media:** Share successful strategies and useful advice via Facebook, Twitter, email, and text messages.
- **Section for Educators:** Prevent bullying in the classroom and support children who are being bullied.

Put the power to prevent bullying in your hand. [GET THE APP](#)