

OCTOBER 16, 2018

Celebrating Birthdays with Your Foster Children

Fostering a child during the child's birthday can offer special and unique opportunities for building a relationship with birth parents, and maybe even mentoring. Kids may act out, sabotage, or withdraw on their special days. They may or may not have birth family contact on their birthdays, which may or may not result in different behaviors.

For foster children, upcoming birthdays are part of their future, something scary and unknown. Our daughter used to always ask questions about future holidays and birthdays and make requests for them. For years, we were unable to make promises and were stuck saying things like, "Well, if you're still living in our house on your next birthday..."

[Click here](#) for suggestions for ways to celebrate birthdays for kiddos in foster care.



Grief and Loss Coping Strategies for Foster Parents

You may experience grief when a foster child leaves your home. Certainly, parents are grieving when their children have been placed in out of home care. Children being placed in your home are experiencing grief related to their removal, changing schools, losing contact with friends, worrying about their parents, missing their pets—the list is a long one!

Grief is a natural response to a loss. It is the emotional suffering that you feel when something or someone you love is taken away. [Click Here to Read more](#)

GRIEF AND LOSS TRAINING DEC 1st—9 a.m. to 4:30 p.m.—Ankeny

Throughout our lives we have all experienced physical pain and injury. When we've experienced these injuries we also accept that there is a healing process involved that is normal and necessary in order for us to be able to effectively return to our everyday responsibilities. Not grieving is equivalent to not allowing your body to heal after major physical trauma or injury. Similar to other emotional difficulties in life, though, we tend to minimize the importance of the grieving process and this can result in anger, bitterness, resentment, depression, and anxiety that can negatively impact one's life. The purpose of this workshop is to help participants understand the grieving process and how to help children, adolescents, and adults heal emotionally from loss in a healthy manner. Trainer: Matthew Hiveley, PhD. (6 hrs credit) [Click Here to Register](#)



NOVEMBER IFAPA TRAININGS

DATE/TIME	LOCATION	TRAINING
		Communicating With Your Child Through Play
Nov 3 9am-12:15pm 3 Hours Credit	Ankeny IFAPA Training Center	For our children who can't verbalize what they are feeling or have experienced, toys become their words and play becomes their form of expression. This training provides an overview of the rationale for play therapy with children and how trauma affects a child's play, provides information on how to gauge what play is appropriate and when to seek help, and how to use your child's natural language of play to help build connections to you and to others. This training covers communicating through play with all age ranges, including ideas for how to connect with your teen. It will also provide information on how to best communicate what you are seeing with your child's therapist.
		De-Mystifying Therapy
Nov 3 9am-12:15pm 3 Hours Credit	Ankeny IFAPA Training Center	This class explains the therapeutic process based on different age groups and addresses common questions about what happens in therapy and what it is for. Rebecca will provide parents with information on seeking a therapist, how to advocate for their child's needs, and how to best communicate with their child's therapist. She will also address information such as professional boundaries therapists work under in regards to confidentiality, access to records, and including family in sessions.
		Don't Worry About It! - Anxiety, Panic and Obsessive-Compulsive Disorder (OCD)
Nov 3 9am-12:15pm 1:15—4:30 pm	Cedar Falls	We all worry and at times feel anxious and at certain times worrying can turn in to real symptoms of anxiety and panic. And in more extreme cases, anxiety and panic can manifest itself into obsessive thoughts and compulsive behaviors. Have you ever wondered exactly why it is that we worry and experience symptoms of anxiety and panic? The purpose of this workshop is to help participants gain greater insight and understanding behind the biology of why anxiety exists and teach the skills needed for children and adolescents, as well as adults, to be able to manage anxiety, panic, and obsessive thoughts and compulsive behaviors more effectively. Part 1—What's Really Going On Part 2—What You Can Do

[CLICK HERE](#) TO REGISTER FOR A TRAINING

THE 5 BEST STRATEGIES FOR PREVENTING MISBEHAVIOR

Unfortunately, a two year old's frontal cortex is still developing the ability to control his emotions and behavior. That means they throw food, break things, have meltdowns, bite when they're mad, and scribble on the furniture. In other words, they act like two year olds.

But since the brain is still developing through the teen years, kids of all ages sometimes lack the rational control to behave as we'd like. Sometimes even 15 year olds act like 2 year olds!

So what can you do when your child acts out, whether he's a toddler or a teen? Here are the five best strategies for preventing misbehavior, for all age kids.

#1 - Connect. Stay connected by seeing his point of view, so he's motivated to develop self-control. When humans lash out -- biting his sisters, breaking things, defiance -- it's because they feel afraid or hurt. That upset disconnects your child from you, even if you're usually close. But his motivation to "behave" comes from his connection with you, so you have to re-establish the connection before you can influence his behavior. As soon as you see your child getting upset and pushing on the limits of acceptable behavior, move in close and re-connect: "Sweetie, I think we all need a hug...come here." Sometimes that's enough to turn things around, especially if you can then move into....

#2 - Play. Children process emotion through play, so you can often prevent "misbehavior" by helping your child channel her big feelings into giggles. Toddlers need regular throwing games where they can satisfy those throwing impulses. Try beanbag tossing into a bucket, or balls outside, or tossing stuffed animals down the stairs. Watch, compete (badly), admire his throwing, and be silly to get your child giggling. All young children need lots of wrestling, and games where they get to feel powerful: "You're just too fast for me! How come you always win?!" The more laughter, the less misbehavior.

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