

# NEWS FROM YOUR PEER LIAISON

## JANUARY 2017



**CANDICE YORK**

IFAPA Peer Liaison

**How to Contact Me:**

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Find me on Facebook at:  
"South Central IFAPA"

### I UNDERSTAND... I AM A FOSTER PARENT TOO

IFAPA recognizes that foster parents often need the perspective of peers during the foster parenting and adoption experience.

I can provide support and assist you with questions regarding:

- Licensing requirements
- Training needs
- Respite care
- Behavior challenges
- Working with birth families
- Confidentiality issues
- And much more!

1999-2014  
a resource for families  
**ifapa**  
Iowa Foster & Adoptive Parents Association  
www.ifapa.org

### NEW YEAR'S .....TOP 10 COUNT DOWN

- 10) Begin the New Year with new clothing for your foster child. Clothing allowances start over January 1st. Contact your DHS worker before you purchase!
- 9) Like Magic- the Friends of Children in Foster Care has grants to help with your foster child's "special extras" To apply: [www.ifapa.org](http://www.ifapa.org) (under resources)!
- 8) New Year-New Contact Information? Let your liaison know if your email, address, or phone numbers have changed!
- 7) Ready for a well-deserved break? Remember to set up RESPITE with your IKN support worker. Each placement receives 24 days per calendar year.
- 6) Snow days are a great opportunity to work on your child's Lifebook. Printable pages and ideas. [www.ifapa.org](http://www.ifapa.org) (under publications)
- 5) "Spring is Coming" Save the Date for IFAPA's Spring Conference! April 7-8, 2017 in Des Moines. Watch for upcoming details. [www.ifapa.org](http://www.ifapa.org)
- 4) A few quiet minutes, hot chocolate, & IFAPA's Weekly Word....PRICELESS arriving in your EMAIL box each week!
- 3) Keep Your Mind From Melting! IFAPA's New Training Brochure is out with fresh, new trainings. Don't wait...Sign up now! [www.ifapa.org](http://www.ifapa.org)
- 2) Jack Frost keeping you inside? Take some time to look at IFAPA's website! Full of awesome information, trainings, videos, and resources! [www.ifapa.org](http://www.ifapa.org)
- 1) Lastly, You are making a difference in your Child's Life! Thank You and HAPPY NEW YEAR!

When you feel you are about to lose your head - give me a call! I am here to offer you support, advice, and resources. Feel free to call me anytime 319-243-8649.



# NEWS FROM YOUR IFAPA PEER LIAISON

## CURRENT NEWS

IFAPA'S CURRENT TRAINING SCHEDULE IS AVAILABLE!

Get registered now at [www.ifapa.org](http://www.ifapa.org)

NEW! Brief Education Videos from Blank Children's Hospital

Find them on the IFAPA homepage [www.ifapa.org](http://www.ifapa.org)

SAVE THE DATE!

IFAPA's Spring Conference is set for April 7-8, 2017, at the Airport Holiday Inn, Des Moines. More details to come.

## SUPPORT GROUPS

### Ottumwa Support Group

6-8 pm Great Prairie AEA 2814 N. Court Ottumwa.

Matt Majeski, Service Area Manager, Cedar Rapids Service Area and Paige Casteel, Social Worker Administrator, Cedar Rapids Service Area

Do you have questions or concerns you would like to ask or share with DHS? If so, this is the group you NEED to attend. Matt and Paige are prepared to share some new changes and policies affecting foster families. They are also interested in hearing what you have to say. Come be heard. Child Care will be provided with RSVP. 2 credit hours of training.

### Oskaloosa Support Group

6-8 pm Central Reformed Church 815 2<sup>nd</sup> Ave Oskaloosa

This is an informational meeting for families interested in the foster care journey. If you know of anyone interested, please send them to this meeting.

### Centerville Support Group

6-8 pm Nazarene Church 415 Bank St. Centerville

Training Topic: It's Not About You: Fear and the Cognitive Triangle

The experience of fear usually occurs in response to a threat. The cognition of danger and fear response is a basic survival mechanism between thoughts, feelings, and behaviors.

No Child Care provided. 2 credit hours of training.

## What is the Reasonable and Prudent Parent Standard (RPPS)?

The Reasonable and Prudent Parent Standard allows foster parents to give their foster children permission to do age-appropriate activities that promote cognitive, emotional, physical and behavioral growth. All states are now required to promote normalcy for children in foster care.

View the RPPS Training Video

<http://www.ifapa.org/training/Reasonable-and-Prudent-Parent-Standard.asp>

This is how many children that come into foster care feel. Try to help them express themselves.



When you feel they are blocking you out and needing space they really need you more than ever.



Teach children what true love is. Offer warm hugs



Help them to let it go!

