

NEWS FROM YOUR PEER LIAISON

APRIL 2017



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IFAPA Peer Liaison

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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!



www.ifapa.org

PLANNING FOR SUMMER CAMPS

Summer is about having FUN with family and friends, and cooling off outside! At ASK Resource, they want to make it easy for Iowa kids with disabilities to access all the summer fun their hearts' desire, whether it's a day or overnight camp! **The 2017 Camp List will be available soon at:** <http://askresource.org/resources/camp-list/>

Let's start planning early for a successful summer!

TIPS and TOOLS BEFORE HEADING TO CAMP:

* **Preparing Your Child – and Yourself**

Talk about the benefits of attending camp (new sport, new friends, and a break from the daily routine). Get as much information as possible, including a description of the layout and a video, and go over these with your child. Consider starting with a regular sports or day camp if your child may feel intimidated. Consider sending them with a friend. Tell your child that you'll be checking in regularly with the camp staff and stress that he or she can always let them know if his or her needs aren't being met. **Foster parents remember to get consents signed by birth parents or DHS for the activities that can be hazardous—swimming, horseback riding, etc. Also, if this is a church camp, please check with the birth parents regarding the religious component and get their consent.**

* **Sharing Information with Camp Staff**

Some parents are reluctant to share too much information with camp staff for fear it will have negative repercussions for their child. But good camps will want and need to know as much as possible — the more information they have, the better. You can help educate the staff by spending time with them and answering and asking questions before you drop off your child.

* **What to Pack**

Try to limit the special equipment your child brings, especially if it's expensive or breakable. And mark or label **everything** with your child's name to make it easier to keep track of belongings. If the camp hasn't sent you one, you should call ahead for a list of recommended items.

* **Dealing with Anxiety and Homesickness**

Many camps don't allow direct contact between parent and child while the camp is in session — they do this to help the campers stay focused on their activities. This can be scary for parents of kids with special needs, which is why it's important that you figure out, ahead of time, how you'll get information about your child's status. Will the camp call you with updates or can you occasionally call or email the supervisor and camp staff?

IFAPA'S Friends of Children in Foster Care Program can provide grants for camps for foster children. Apply now at www.ifapa.org/resources/Friends-of-Children-in-Foster-Care-Program.asp
Information provided by: ASK Resource & Kids Health.

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CURRENT NEWS

IFAPA'S MINI- CONFERENCES!

April 29th, 2017 / Ankeny

**Preparing Your Teen For A Secure Journey To Adulthood!*

Free event For Youth(14+) and foster parents to attend together!

*Breakfast & Lunch Provided

* Every Teen that attends receives a door prize!

* 6 hrs. training credit

Get registered online & view additional conferences at ifapa.org

SUPPORT GROUPS

Renew Support Group

Cornerstone Church-Ames

* Empowered to Connect Conference Simulcast

* April 7 & 8, 2017, 9-5p.m.(6 hours approved per day)

* Cost is \$15/person and \$20/couple if registered by March 24

* Register:

@ https://cornerstonelife.ccbchurch.com/form_response.php?id=1142

Allison Area Foster Parent Support Group

Vineyard Community Church

319 West Bremer Ave, Waverly

* April 10th, 6:00-7:30 p.m. , Dinner served 6:00-6:30pm.

* "Dealing With Behaviors Of Attachment" -1 Hr training

* Childcare for 5 & under, Art Therapy for 6+

* Please RSVP for this event at www.aafpsg.org

* For more details contact Megan : aafpsg@gmail.com, 319.241.0623, or www.aafpsg.org

Little Egg Spring Planter



Use a needle to poke holes in a line around the pointy top of egg. Use fingers to break the egg along the line. Remove yolk, rinse & dry. Write love note with sharpie. Plant your succulent in the egg with soil.

Sweet Potato Hash Egg Cups

Ingredients:

- ½ c. grated sweet potato
- ¼ c. cheddar cheese
- ½ T. garlic powder
- 8 eggs
- salt & pepper

Instructions:

- 1) Heat oven to 375°F & spray muffin tin.
- 2) Mix sweet potato, cheese, & garlic in a bowl.
- 3) Place one heaping T. of mixture on the bottom of 8 muffin tins. Crack 1 egg on top of each cup, & season.
- 4) Bake for 13-15 min.

SWEET POTATO HASH EGG CUPS

