



**CHRISTIE MCGUIRE**  
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

## How Food May Help Any Child's Day!

**Studies show that a high-protein, low-sugar, no-additive diet combined with fish oil can help keep ADHD symptoms in check.**

Diet and nutrition can make a significant difference in the lives of children and adults who have been diagnosed with attention deficit disorder (ADHD). Nutritional interventions have been used for hundreds of patients with ADHD during the past 24 years. In many cases, food changes have improved symptoms of hyperactivity, concentration, and impulsivity, and calmed oppositional behavior.

### **Blood Sugar Spikes:**

Foods rich in protein — lean beef, pork, poultry, fish, eggs, beans, nuts, soy, and low-fat dairy products — may have beneficial effects on symptoms. These foods can prevent surges in blood sugar, which increase hyperactivity.

Foods high in fiber and protein and low in sugar will help manage ADHD symptoms better during the day, whether you're taking medication or not. The single most important recommendation — is to decrease the amount of sugar in the diet.

A breakfast of a Pop-Tart, glass of juice, or a waffle with syrup, causes blood sugar to rise quickly. The body responds by producing insulin and releasing stress hormones. The result? By mid-morning, your child is hypoglycemic, irritable, and stressed out. This can worsen ADHD symptoms. A lunch with high sugar content will cause the same symptoms in the afternoon.

Try breakfasts and lunches that are high in protein, complex carbs, and fiber — like oatmeal and a glass of milk, or peanut butter on whole grain bread. The result? A child can concentrate and behave better at school.

### **Effects of Fish Oil:**

Omega-3s are essential fats important for normal brain function.

A number of studies on omega-3s and ADHD have shown a positive effect. In a study, 25 percent of children who had daily doses of omega-3s had a significant decrease in symptoms after three months; by six months, it jumped to almost 50 percent. Be patient—some children improve within a few days; others didn't show improvement for a few months.

Recommended dose: 700- 1,000mg a day for younger children, and 1,500-2,000mg for older children.

### **Cut Back on Chemicals:**

Several studies suggest that artificial additives make non-ADHD children more hyperactive, and make hyperactive children worse.

Gatorade, cheese puffs, and candy are typical examples of foods containing artificial colors and preservatives, but additives and colors can be found in other foods. In most cases, fresh, unprocessed foods are your best bet. Although, you can find just about anything else made without additives. Avoid colorful cereals, like Fruit Loops and Lucky Charms. Substitute 100-percent fruit juice for soft drinks and fruit punches. **Adapted from Additudemagazine.com**

# NEWS FROM YOUR IFAPA PEER LIAISON

## CURRENT NEWS

### IFAPA'S MINI-CONFERENCES!

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

Saturday, March 11 in Fort Dodge

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

& View future Mini conference locations & dates

## SUPPORT GROUPS

### Renew Support Group

#### Cornerstone Church-Ames

\* No March Support Group

\* 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](https://cornerstonelife.ccbchurch.com/form_response.php?id=1142)

### Allison Area Foster Parent Support Group

Vineyard Community Church

319 West Bremer Ave, Waverly

\* March 13th, 6:00-7:30 p.m. , Dinner served 6:00-6:30pm.

\* Adults who do not want to do yoga can participate in round table discussion.

\* Childcare for 5 & under, Parent/child yoga activity for 6+

\* Please RSVP for this event at [www.aafpsg.org](http://www.aafpsg.org)

\* For more details contact Megan : [aafpsg@gmail.com](mailto:aafpsg@gmail.com),

319.241.0623, or [www.aafpsg.org](http://www.aafpsg.org)

## SAVE THE DATE!

### IFAPA'S SPRING CONFERENCE

April 7-8<sup>th</sup>, 2017 details at

[www.ifapa.org](http://www.ifapa.org)

## St. Patrick's Play Dough



## St. Patrick's Day Puppy Chow



- 5 cups rice Chex cereal
  - 1 bag of green candy melts
  - 2-3 drops of spearmint or peppermint extract
  - 2 cups powdered sugar
1. Add cereal to a large bowl.
  2. Melt candy melts in microwave for 30 sec., stir, continuing until melted. Once melted, stir in extract.
  3. Place powd. Sugar to a Ziploc bag.
  4. Pour melted candy over cereal. Stir well; pour the mixture into the Ziploc bag and seal. Shake the bag until all of the cereal is coated.
  5. Pour onto a large sheet and allow it to cool.