

# NEWS

## March 2017

### FROM YOUR PEER LIAISON



**GWEN TIMMERMAN**

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

## Understanding lying and defiance

It drives parents crazy, but still children lie. Lying and defiance often can go hand in hand. Not only are these traits common to all children, but foster children and adoptive children seem to turn to these quicker than most and hang on to the naughty traits longer than parents would like. A therapist provided me with this handout that has proven invaluable to me, so I'd thought I'd share.

There are four stages of lying. If you have a child who has a problem lying, see if you can recognize where your child is at:

1. The behavior didn't happen.
2. The behavior happened, but he or she (someone else) did it.
3. I did it, but they/someone else made me do it.
4. The behavior happened and I did it.

Progress is defined as moving to the next stage – not a complete lack of lying.

### Treatment

- Lying is a deficit in constancy – knowing that the nurturing part of the caregiver still exists even when the caregiver is angry is not the same as feeling that the nurturing still exists and is still available to you.
- The lying is often unintentional, unplanned and impulsive in response to the underlying fear that the caregiver won't continue to love them if told the truth.
- Parents need to work on building trust and repeated activities that focus on "I love you even when..."
- Don't ask questions, instead make statements and focus on the end result of personal responsibility not if they admit what they did.
- Later when everyone is calm, remind the child that he or she is safe and nothing can make them unlovable then follow with a brief statement such as, "You can always tell me the truth."
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### Treating Defiance

- Avoid power struggles
- Offer choices
- Be mindful of your own responses to the defiance
- Be aware of and attuned to what triggers the child may be experiencing
- Be aware of and attuned to the age that this behavior would typically be seen
- Set and follow through with reasonable limits on a consistent basis
- Teach the life lesson later when child is calm



# NEWS FROM YOUR IFAPA PEER LIAISON

## SUPPORT GROUP INFORMATION:

### ALLISON AREA SUPPORT GROUP:

Vineyard Community Church, 319 W Bremer Ave, Waverly  
 Meets monthly-- 2<sup>nd</sup> Monday Groups meet September-April  
 Free childcare offered for ages 0-5/Structured activity for ages 6+  
 Contact Persons: Tammy Faux (319-610-9115 or [tammy.faux@wartburg.edu](mailto:tammy.faux@wartburg.edu))  
 Kate Haberman-Foelske ([khaberman@monarchtherapyservices.com](mailto:khaberman@monarchtherapyservices.com))  
 Gwen Timmerman (319-883-3594 or [gtimmerman@ifapa.org](mailto:gtimmerman@ifapa.org))

**March Support Meeting:** Parent/Child Yoga Dinner 6 p.m. & Support 6:30-7:30 p.m.

### BLACK HAWK COUNTY SUPPORT GROUP:

Grace Lutheran Church, 1024 W 8<sup>th</sup> St, Waterloo  
 Meets monthly-- 2<sup>nd</sup> Tuesday, 6:30-8:30 p.m. Groups meet September-May  
 2 hours training & free childcare offered  
 Contact Person: Gwen Timmerman (319-883-3594 or [gtimmerman@ifapa.org](mailto:gtimmerman@ifapa.org))

**March Training:** "The Effects of Disrupted Attachment on a Child's Brain, Heart & Future" with Kate Haberman, Monarch Therapy.

## UPCOMING IFAPA TRAININGS

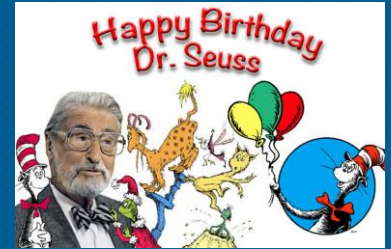
(For a complete listing of all trainings, please go to: [www.ifapa.org](http://www.ifapa.org))

**MARCH 25, 2017**

TIME	TRAINING	TRAINER	LOCATION
9 a.m.- 12:15 p.m.	Growing Relationships Through Play	Tony Raymer, LISW	Cedar Falls: Hawkeye Comm College, 5330 Nordic Dr
1:15- 4:30 p.m.	Love Is All You Need? Culturally Responsive Parenting	Tammera Bibbins, MSW	Cedar Falls: Hawkeye Comm College, 5330 Nordic Dr
9 a.m.- 12:15 p.m.	Everything You Wanted to Know About Foster Parenting But Were Afraid to Ask	Bambi Schrader	Cedar Rapids: Clarion Hotel, 525 33rd Ave, SW
1:15- 4:30 p.m.	Crazy R Us-Managing Crises in Foster & Adoptive Homes	Bambi Schrader	Cedar Rapids: Clarion Hotel, 525 33rd Ave, SW



Happy St Patrick's Day!



**MARCH 2<sup>ND</sup> IS DR. SEUSS' BIRTHDAY!**



### A STRAWBERRY HAT FOR THE CAT...

How about this for a fun anytime of day breakfast? With the kids, make a stack of silver dollar pancakes and cut up some fresh strawberries. (Or use thawed frozen) Adding whipped cream --have the kids make the Cat's hat by alternately stacking pancakes and strawberries and whipped cream. The whipped cream will give you the white color you need and act as "glue".

### IFAPA SPRING CONFERENCE!!!



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