



JESSICA LEAL

IFAPA Peer Liaison

How to Contact Me:

563-581-1119

jleal@ifapa.org

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

Social Media & Internet Safety

How do we keep our kids safe online? What websites are our kids even visiting? What apps are our kids using? Parenting in the age of technology can be challenging. Technology like Internet and social media change the way children communicate. It changes the way they develop relationships with peers. Know what your kids are doing online!

Here is a list of popular social apps kids are using:

- **Twitter** – a microblogging app limited to 140 character messages called “tweets”
- **Instagram** – social media with 15 second photo and video sharing
- **Snapchat** – messaging app with a time limit before text or picture “disappears”, includes photo filters
- **YouTube** – video uploading platform with sharing capability in a “channel”
- **Musical.ly** – performance and video sharing of lip synced songs – some lewd songs
- **Live.ly** – a portion of Musical.ly that allows for live video feed
- **WhatsApp** – messaging (text, audio, video and photos) – uses address book
- **GroupMe** – messaging (photos, videos, calendar links) – risk of adult themes
- **YikYak, uChat** – brief, local chats with a claim of anonymity – bullies, live video, lewd
- **Tumblr** – combo of blog and Twitter, streaming scrapbook – public, easy explicit access
- **Kik** – text messaging within the app – stranger danger, tied to crimes, in-app ads

Technology Tips for Parents:

- Most social media sites have a minimum age of 13.
- Set firm ground rules for use and stick to them.
- Require your child to share usernames and passwords for all social media accounts. Beware of children setting up multiple accounts!
- Frequently check their devices and accounts for inappropriate content.
- Check privacy settings on the apps and Internet browser. Set to the strictest level.
- Frequently check the history on Internet browsers to see what sites have been visited and when.
- Have your child turn in electronics at night/bedtime.
- Monitor your child’s friend list within any social media account. They should only have friends they know.
- Limit screen time.
- Be a good example and teach manners with regards to how and when to use electronics.
- Communicate with children. Teach them to never share personal information online or to agree to meet someone they don’t know.

Be Smart – Build Security – Be Safe

NEWS FROM YOUR IFAPA PEER LIAISON

UPCOMING TRAINING

REMINDER THERE ARE NO MORE TRAININGS BEING OFFERED IN
DECEMBER

Saturday, Jan. 28, 2017(9am-4:30pm)
Utilizing the NURTURED HEART APPROACH in Helping Children with Challenging Behaviors (Kim Combes, LBSW, M.Ed.) 6 hours
Davenport
Best Western Plus Steeplegate
100 W 76th St

FEBRUARY 2017 TRAININGS

Date & Time	Name of Training & Trainer	Credit	Location
Saturday, Feb. 4, 2017 (8am-12:15pm)	CPR and First Aid (Register & Pay Here) To avoid late fees, pay by Sunday, Jan. 22	4 hours	Davenport TBA
Saturday, Feb. 4, 2017 (1:15pm-4:30pm)	Mandatory Child Abuse Reporter Training	3 hours	Davenport Best Western Plus Steeplegate 100 W 76th St

TO REGISTER FOR A TRAINING:

Call IFAPA at 800-277-8145 ext. 1 or [COMPLETE OUR REGISTRATION FORM*](#).

*If you would like to register for a CPR class, please register and pay through our CPR Registrations link below or use our mail-in CPR registration form. CPR registrations received without a payment will not be accepted.

[CPR & FIRST AID REGISTRATIONS](#)

RESOURCES

Friends of Children in Foster Care Program

The Friends of Children in Foster Care Program helps children in foster care receive funds in order to participate in extra-curricular activities, such as obtaining music instruments, senior pictures or attending prom, swimming lessons or summer camp.

<http://www.ifapa.org/resources/Friends-of-Children-in-Foster-Care-Program.asp>

MERRY CHRISTMAS



5 Ways to Reduce Holiday Stress

- 1) **Redefine traditions** - Often times we continue holiday traditions because that is what we grew up doing. Don't be afraid to redefine tradition.
- 2) **Be assertive** - You know how long your children can tolerate a gathering and what their accommodations may be. Let everyone know, ahead of time, how long you will be staying. Leave when you said you would. Be assertive when asked to "stay just a little longer".
- 3) **Accept help** - No one says you have to do it all. Holiday decorating, baking, potlucks, gatherings, social events and more can wear you out! If people offer to help, accept it. Don't be afraid to opt out. You don't have to do it all to have happy holidays.
- 4) **Don't abandon healthy habits** - Get enough sleep. Get exercise. Stress eating will only make you feel tired and irritable. Have healthy snacks and get regular exercise.
- 5) **Take a breather** - Make time for yourself. Spending 15 minutes alone, without distractions, reduces stress and is refreshing.