



JOHN SMITH

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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!



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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."

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

DATES ON DECK

- Tuesday, March 7 (7:00-9:00) **INAY: Signs & Symptoms of Trauma in School Aged Kids;** Carroll Area Support Group; Carroll Pizza Ranch. Carroll, IA
- Saturday, March 11; **Equip...Launch...Success! Preparing Your Teen for a Secure Journey to Adulthood;** ICCC; Fort Dodge,
- Tuesday, March 21 (6:30-8:30) **INAY: Loss & Abandonment;** Storm Lake Area Support Group, St. Mark Lutheran, Storm Lake, IA
- **SPRING 2017 CONFERENCE: SAVE THE DATE - The Spring Conference will be held April 7th & 8th at the Airport Holiday Inn in Des Moines. INFO is available online!**
<https://ifapa.ejoinme.org/MyEvents/SpringConference/ConferenceDetails/tabid/570239/Default.aspx>

REMINDERS

Don't forget, if it has been three years since you last took an approved **CPR & First Aid** training or five years since you took your **Mandatory Child Abuse** training, you will need to complete these before you can be re-licensed. If you can't remember, touch base with your IKN or DHS licensing workers; they should know! AND, if you are not certain who your re-licensing worker is, contact me and I will help you out.

FOSTER PARENT MILESTONES

Please join me in thanking the following foster parents for their years of service to Iowa's children as this month marks their renewal anniversary. Thank you for your years of dedication!

- **20+ Years:** Tammy & Kirk Metcalf; Roni & John Fox
- **10+ Years:** Judy Tuhn
- **5+ Years:** Lisa & Robert James; Debra Matheny & Tiffany Irving
- **ONE YEAR:** Debra Magee; Tanny & Kyle Miller
-

AND REMEMBER: I am just an email/phone call away. I am here for you! If you ever have a question, concern or celebration, give me a call. The conversations which I have with other parents are the best part of my day!

-IFAPA John



From My Side of the Desk!

Dear Parents –

The weather isn't the only thing that has been crazy, things at the Smith House have been nuts also; son getting married, daughter in law being deployed, son starting a new business, daughter moving to 1000 miles away and four little tykes living with us that need a lot of attention, care and love. Do you ever think you may be in over your head and spread too thin? If so, what should you do? Self-care is important for each of our own health and especially if we want to be a worthwhile foster parent.

We have decided that we need to not only find some time for ourselves, but we best be looking into some self-help activities; maybe eating better, finding time to kick back and even getting some exercise!

For me, I am going to find some things to laugh about!

-IFAPA John