

NEWS FROM YOUR 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

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

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Take Advantage of these Trainings in the Eastern Iowa Area

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 TBA
Saturday, Feb. 4, 2017 (8am-12:15pm)	CPR & First Aid	4 hours	Davenport TBA
Saturday, Feb. 4, 2017 (1:15pm-4:30pm)	Mandatory Child Abuse Reporter Training	3 hours	Davenport TBA
Saturday, Feb. 18, 2017 (9am-4:30pm)	For Better or Worse: Couples Who Foster (Both partners must attend together)	6 hours	Iowa City TBA
Saturday, Feb. 25, 2017 (9am-4:30pm)	What Are You Trying to Tell Me?	6 hours	Burlington TBA
Saturday, Mar. 4, 2017 (9am-12:15pm)	What Are You Trying to Tell Me?	3 hours	Davenport TBA
Saturday, Mar. 4, 2017 (1:15pm-4:30pm)	Trauma in Children & Teens	3 hours	Davenport TBA

Does Your Foster Teen Need \$500 for Activities? SPECIAL FUNDING AVAILABLE FOR TEENS IN FOSTER CARE

IFAPA has received special money from Chaffee Funds for teens (age 14 and older) in foster care that can only be requested through June 30, 2017.

This special grant can be accessed through

IFAPA's Friends of Children in Foster Care Program. These grants will be available for up to \$500 per youth. This funding is for all teens (14 years and older) in a foster care placement including shelter, foster family homes, group care, & supervised apartment living. To apply for this special funding, please complete a

[FRIENDS APPLICATION.](#)

happy
holidays!

Minion Christmas Ornament

The Resourceful Mama



Supplies:

- Yellow decorative shed (I picked this up at Dollar Tree.)
- Plastic ball ornament (Get these at The Dollar Tree as well or a craft store.)
- Wiggly eye
- Black ribbon
- Silver elastic decorative craft trim (I purchased this at craft store.)
- Glue

Directions:

1. Remove the top of the plastic ornament and fill with yellow decorative shed. Once full put top back on the ornament.
2. Glue black ribbon slightly above the center of the ornament wrapping it around the ornament.
3. Glue gray decorative trim around the googly eye. Glue googly eye to the center of the black ribbon. I recently bought a glue gun and my kids are now able to help with all the steps that require a glue gun.