

NEWS

March 2017

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

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

NEWS FROM YOUR IFAPA PEER LIAISON

Join us for the Spring conference



<https://ifapa.ejoinme.org/MyEvents/SpringConference/ConferenceDetails/tabid/570239/Default.aspx>



EQUIP...LAUNCH...SUCCESS! Preparing Your Teen for a Secure Journey to Adulthood

This event is free for youth (age 14+) and foster parents. Participants will learn about HUMAN TRAFFICKING and how to HELP TEENS SUCCESSFULLY TRANSITION TO ADULTHOOD. Each event is 9am to 4:30pm and a free breakfast & lunch will be provided. Every youth who attends will receive a giveaway.

EVENT DETAILS:

FORT DODGE Sat., March 11

BETTENDORF Sat., April 22

ANKENY Sat., April 29

OTTUMWA Sat., June 24

TO LEARN MORE ABOUT THE SESSIONS & THE EVENT DETAILS PLEASE VISIT OUR [TRAINING PAGE](#).



Ingredients:

- 2 pkg. Lemon-Lime Flavor Unsweetened Drink Mix, Like KOOL-AID
- 2 qt. pineapple juice, chilled
- 1 liter Sprite, chilled
- Gold Sanding Sugar
- Simple syrup
- Large pitcher to hold the Punch.
- St. Patrick's Day straws

Directions:

In a large pitcher, pour pineapple juice, and drink mix. Stir until everything is mixed well and the drink mix is dissolved. Add in the soda. Mix just enough to combine.

Glass decoration:

2 small plates or containers big enough to dip the glasses in
On one plate, pour some of the simple syrup and on the other plate, pour some of the gold sanding sugar
Dip the edges of the glasses into the simple syrup and then into the sanding sugar.

How to make simple syrup:

2 cups sugar

2 cups water

Directions:

Making simple syrup could not be easier. In a saucepan, boil sugar and water over medium-high heat until the sugar is dissolved. Remove from heat and let cool completely before using.

Source: <http://thespringmount6pack.com/non-alcoholic-st-patricks-day-punch/>