

NEWS January 2017

FROM YOUR PEER LIAISON



MICHELLE JOHNSON

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

NEW YEAR'S TOP 10 COUNT DOWN

- 10) Begin the New Year with new clothing for your foster child. Clothing allowances start over January 1st. Contact your DHS worker before you purchase!
- 9) Like Magic- the Friends of Children in Foster Care has grants to help with your foster child's "special extras" To apply: www.ifapa.org (under resources)!
- 8) New Year - New Contact Information? Let your liaison know if your email, address, or phone numbers have changed!
- 7) Ready for a well-deserved break? Remember to set up **RESPITE** with your IKN support worker. Each placement receives 24 days per calendar year.
- 6) Snow days are a great opportunity to work on your child's Lifebook. Printable pages and ideas. www.ifapa.org (under publications)
- 5) "Spring is Coming" Save the Date for IFAPA's Spring Conference! April 7-8, 2017 in Des Moines. Watch for upcoming details. www.ifapa.org
- 4) A few quiet minutes, hot chocolate, & IFAPA's Weekly Word....PRICELESS arriving in your EMAIL box each week!
- 3) Keep Your Mind From Melting! IFAPA's New Training Brochure is out with fresh, new trainings. Don't wait...Sign up now! www.ifapa.org
- 2) Jack Frost keeping you inside? Take some time to look at IFAPA's website! Full of awesome information, trainings, videos, and resources! www.ifapa.org
- 1) Lastly, You are making a difference in your Child's Life! Thank You and **HAPPY NEW YEAR!**

Your IFAPA Peer Liaison,
Michelle Johnson

When you feel you are about to lose your head - give me a call! I am here to offer you support, advice, and resources. Feel free to call me anytime (515) 619-9927.



NEWS FROM YOUR IFAPA PEER LIAISON

Saturday, Jan 7, 2017 (9am-4:30pm)	The Grieving Process: How to Help You and Your Kids Heal (Matthew Hively, Ph.D.)	6 hours	Ankeny IFAPA Training Center 6864 NE 14th Street Suite 5
Saturday, Jan 21, 2017 (9am-12:15pm)	I Won't Do It & You Can't Make Me: Oppositional Defiant Disorder in Kids & Teens (Warren Phillips, Ph.D.)	3 hours	Ankeny IFAPA Training Center 6864 NE 14th Street Suite 5
Saturday, Jan 21, 2017 (1:15pm-4:30pm)	Arrggg...What Can I Do With My Kids? The Power of Receptive Parenting vs. Reactive Parenting (Warren Phillips, Ph.D.)	3 hours	Ankeny IFAPA Training Center 6864 NE 14th Street Suite 5
Saturday, Jan 28, 2017 (9am-12:15pm)	Mandatory Child Abuse Reporter Training	3 hours	Ankeny IFAPA Training Center 6864 NE 14th Street Suite 5
Saturday, Jan 8, 2017 (1:15pm-5:30pm)	CPR and First Aid (Register & Pay Here) To avoid late fees, pay by Sunday, Jan 15	4 hours	Ankeny TBA

IFAPA TRAININGS

IFAPA offers a variety of training opportunities for foster, adoptive and kinship families. To learn more about these trainings, [click here](#).

Family Fun

- ★ **Movie Night** – Never underestimate the importance of snuggling up and watching a movie together as a family. One of my all-time favorites is [Frozen](#). It teaches many valuable lessons and is highly entertaining.
- ★ **Sledding** – One of the best things about having children is getting to be one again yourself.
- ★ **Ice Skating** – For many children this may be a new experience. Be careful and have fun.
- ★ **Baking cookies** – It may be messy, but it is a great way to make memories as well. Plus, they are delicious.
- ★ **Crafts** – You can never go wrong with art. Let your children use their imaginations the possibilities are endless.

Now is a great time to make a New Year's resolution to take care of yourself. One way to do this is by taking time to attend a support group. We have several wonderful groups to choose from.

http://www.ifapa.com/support/support_group_locator.asp

Foster and Adoption Support Group

This group is open to kinship parents, foster parents and any adoptive parents.

This support group is open to any parents in Central Iowa.

MEETING LOCATION: Lutheran Church of Hope
925 Jordan Creek Pkwy, **West Des Moines**

MEETING DAY & TIME: Meets monthly - 2nd Tuesday from 6pm to 8pm
Group meets January through December
Childcare is offered - Please RSVP

CONTACT PERSON: Beth Vannevel-Clark - Four Oaks / Iowa KidsNet
(319-530-4825 or bvannevelclark@fouroaks.org)

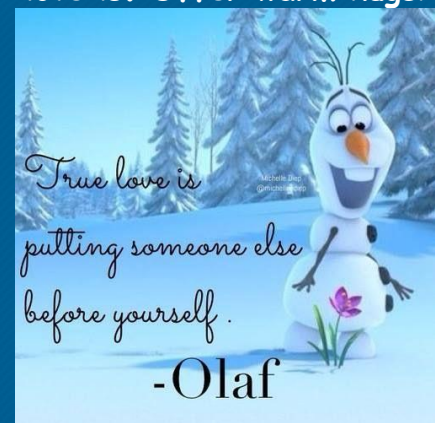
This is how many children that come into foster care feel. Try to help them express themselves.



When you feel they are blocking you out and needing space they really need you more than ever.



Teach children what true love is. Offer warm hugs!



Help them to let it go!

