

NEWS FROM YOUR PEER LIAISON



SANDRA DOLLEN

IFAPA Peer Liaison

How to Contact Me:

855-526-2116

712-526-2116

sdollen@ifapa.org

Connect with me on Facebook. Email me to find out more.

**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.

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

SAVE THE DATE!

The Spring Conference

April 7 & 8, 2017

Airport Holiday Inn in Des Moines.

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](#)

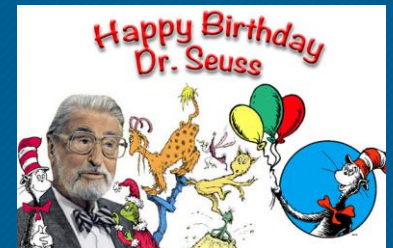
MARCH 2017 TRAININGS

Date & Time	Name of Training & Trainer	Credit	Location
Saturday, Mar. 11, 2017 (9am-4:30pm)	Foster Care Meets Mental Health: A Foster Parent Dilemma! (Christy Meyer)	6 hours	Ankeny IFAPA Training Cntr 6864 NE 14th Street Suite 5
Saturday, Mar. 11, 2017 (9am-12:15pm)	Why Don't Friends Come With Instruction Manuals (Summer Brunscheen, Ph.D.)	3 hours	Council Bluffs Holiday Inn Express 2211 S 32nd St
Saturday, Mar. 11, 2017 (1:15pm-4:30pm)	It's All Greek to Me! A Brief Overview of Learning Disorders (Summer Brunscheen, Ph.D.)	3 hours	Council Bluffs Holiday Inn Express 2211 S 32nd St
Saturday, Mar. 18, 2017 (9am-4:30pm)	Time to Connect: Transitioning from Traditional Parenting to Connected Parenting (Darcie Van Voorst)	6 hours	Sioux City Stoney Creek Inn 300 3rd Street Nebraska Room
Saturday, Mar. 25, 2017 (9am-12:15pm)	Everything You Wanted to Know About Foster Parenting But Were Afraid to Ask (Bambi Schrader)	3 hours	Cedar Rapids Clarion Hotel 525 33d Ave SW

Rainbow Pot of Gold Fruit Platter



Use a variety of fruits and marshmallows to create this festive rainbow!
Healthy & Adorable



MARCH 2ND IS DR. SEUSS' BIRTHDAY!



Supplies Needed:
orange/yellow/white/pink construction paper, a toilet paper roll, scissors, glue, and a green/black marker.