

NEWS JANUARY 2017

FROM YOUR PEER LIAISON



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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



www.ifapa.org



NEW YEAR'STOP 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!

NEWS FROM YOUR IFAPA PEER LIAISON

IFAPA's Training Schedule

UPCOMING 2017 TRAININGS

Date & Time	Name of Training & Trainer	Credit	Location
Saturday, Jan. 14, 2017 (9am-4:30pm)	ACT on Your Stress: Stress Management for Foster and Adoptive Parents Using Acceptance & Commitment Training (Warren Phillips, Ph.D)	6 hours	Sioux City Stoney Creek Inn 300 3rd Street Nebraska Room
Saturday, Feb. 11, 2017 (9am-4:30pm)	Utilizing the NURTURED HEART APPROACH in Helping Children with Challenging Behaviors (Kim Combes, LBSW, M.Ed.)	3 hours	Sioux City Stoney Creek Inn 300 3rd Street Nebraska Room
Saturday, Feb. 25, 2017 (9am-12:15pm)	Mandatory Child Abuse Reporter Training	3 hours	Sioux City Stoney Creek Inn 300 3rd Street Nebraska Room

Did you know that January is the deadliest month for carbon monoxide poisoning?

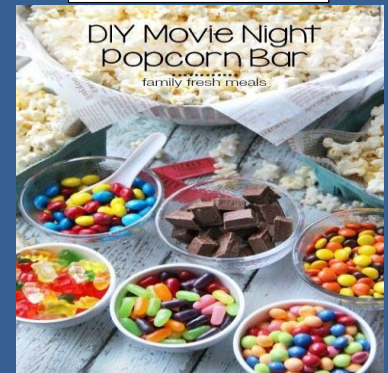
With this sobering facts it's a good time to remember the following safety tips to prevent CO (Carbon Monoxide) poisoning:

- Have your heating system, water heater and any other gas, oil or coal-burning appliance inspected and serviced by a qualified technician every year.
- Install battery-operated CO detectors on every level of your home.
- Don't use a generator, charcoal grill, camp stove or other gasoline or charcoal-burning device inside the home, basement or garage or outside the home near a window.
- Don't burn anything in an unvented stove or fireplace.
- Don't let a vehicle idle inside a garage attached to a house, even if the garage door is left open.
- Don't heat a house with a gas oven.

If a CO detector sounds, leave your home immediately and call 911 from outside. Seek prompt medical attention if you suspect CO poisoning and if you or someone in your household is feeling dizzy, light-headed or nauseated.



DIY MOVIE NIGHT



Set up a concession buffet for movie time. ...Don't forget to provide personal lap trays!



DIY LASER MAZE



Make a DIY laser maze in the hallway. You need some red crepe paper & tape! Tape them high & low & all ways in between. You may have to do some adjusting as they navigate through it. You want it to have a level of difficulty but you also doable so they can feel successful. Fast & easy!