

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

March is National Reading Month

March 2nd is Read Across America Day. It is a national initiative on reading, created by the National Education Association (NEA) to coincide with the birthday of Dr. Seuss. All over the country, students will be participating in this event. The idea behind Read Across America is to encourage children to read and find a love of reading the whole year through. Many activities in schools on March 2nd will revolve around reading.

Why is reading with a child and encouraging them to read so important? According to the NEA's website, students who are read to and/or read themselves do better in many different areas including writing and math.

What can you do to encourage a love of reading?

- Read aloud to a child, especially a child who is an emerging or struggling reader. It helps with fluency.
- Have many different types of reading materials available. Have fiction, non-fiction, magazines, newspapers, etc.
- Talk to a child about what they like to read and make that kind available to them.
- Go to the library and let them spend time perusing all of the different books. Help steer them in the direction of books that fit their interests and are at their reading ability level. (Librarians can help, if you are unsure!)
- Set aside time to read. Maybe they can go to bed at the regular time, but they can leave the lights on for half an hour and read.
- Let children see YOU read. Be a good role model and take the time to read yourself.

Here is a list of great books from Scholastic.com for children by age:

0-3

***Pat the Bunny* by Dorothy Kunhardt**

***Grumpy Bird* by Jeremy Tankard**

***The Very Hungry Caterpillar* by Eric Carle**

4-7

***The Giving Tree* by Shel Silverstein**

***The Dot* by Peter H. Reynolds**

***Swimmy* by Leo Lionni**

8-10

***Diary of a Worm* by Doreen Cronin**

***The Maze of Bones* by Rick Riordan**

***Matilda* by Roald Dahl**

***Charlotte's Web* by E.B. White**

11+

***A Wrinkle in Time* by Madeleine L'Engle**

***Holes* by Louis Sachar**

***Harry Potter and the Sorcerer's Stone* by J.K. Rowling**

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According to Time magazine here are some of the best teen books of all time:

***Jacob Have I Loved* by Katharine Paterson**

***The Fault in Our Stars* by John Green**

***Whale Talk* by Chris Crutcher**

**You're never too old, too wacky, too wild,
To pick up a book and read with a child.**

~Dr. Seuss



Please remember foster parents, that it is your responsibility to get your training completed on time! As foster parents, we hold a license with the State of Iowa, just like teachers, cosmetologists, and other professionals. These other occupations require a person to get continuing education units (approved training), in order to maintain a license. We are also required to continue to learn and stay abreast of the latest information. Please make sure that you are getting six (6) hours of training each year. If you are on a two-year license, you are still required to get six each year. Too many foster parents are waiting too long to schedule their training hours and/or they are trying to get double the amount in one year and then believe they can skip a year. We are professionals. To help you keep track, please make sure that you are turning in your training certificates and training reports to your Iowa KidsNet worker within 30 days of completing training.

March is Social Worker Appreciation Month!! Thank a social worker today!

Bookworm Bookmark

Craft

www.freekidscrafts.com

Supplies

- Construction Paper
- Pencil
- Scissors
- Wiggle Eyes
- Glue Stick
- Markers or Colored Pencils
- Large Bottle Cap or Small Plastic Lid to Trace Around

Instructions

1. Trace six times around a Snapple cap or other bottle cap onto a piece of construction paper. Cut out the circles.
2. Glue the circles together in a row to make a worm.
3. Glue on wiggle eyes.
4. Cut out or write the letters "READ!" on the circles.



ALL foster parents MUST take the Reasonable and Prudent Parenting Standard training. It is a half hour webinar available on IFAPA's website. This is a required training that does not count toward your training hours. It must be completed by September 30, 2016. You will need to be able to hear the training, so please make sure you have speakers on your computer. Here is a link to the training: <http://ifapa.org/training/Reasonable-and-Prudent-Parent-Standard.asp>

THANK YOU!

The next meeting of the Independence Area Support Group is Thursday, March 10th 6:30 p.m. at The First United Methodist Church at 313 2nd Street, Independence. ***This is our social worker appreciation supper. If you plan to attend, please RSVP right away! We have something special planned, so if you don't respond, you may miss it.***

Clayton County Support Group will meet again on Monday, April 11th, 11:00 a.m. to 1:00 p.m. at Fennelly's in Elkader (105 1st Street NW). There is no training offered at this support group, just great conversation and some laughs. This is a kid-friendly atmosphere, so feel free to bring them with you.

Dubuque County Support Group will meet again on Tuesday, March 1st, 6:30-9:00 p.m. Racquel McClellan will be training on the topic of, ***African-American and Biracial Hair Care: A Parent's Practical Guide to Managing Hair Care.***

Jackson County Support Group will meet again on Thursday, April 21st, 6:00-8:00 p.m. at the Faith Community Church (511 W. Summit in Maquoketa). Watch future newsletters for more information.

The Circle of Support Group will next meet on Tuesday, March 15th, 6:00 p.m. at the Zion Lutheran Church (439 3rd Ave. S., Clinton).

Jones County Support Group will meet again on Thursday, March 3rd, 6:30-8:30 p.m. at the St. Matthew's Lutheran Church (226 N. Cedar Street, Monticello). Kris Millsap will present ***It's Not About You: Traumatic Grief.*** This is an amazing training! Please come on out and join us. Please bring a snack to share. There is no guarantee of childcare, so please talk with me or Diana Jones before the meeting. Thank you!

The next meeting of the Decorah Area Support Group (HUGS) is Tuesday, March 15th, 6:00 to 8:00 p.m. at NICC (1625 Iowa 150, Calmar), in the Child Development Center; room 116 is reserved for parents and room 120 for the children. Training that evening will be, ***Human Trafficking: It is Here and Thriving in Iowa!*** presented by Ruth Buckels.

CPR/1st Aid and Mandatory Reporting of Child Abuse trainings will be held for potential respite providers on March 5 in Dubuque. FOSTER PARENTS ARE ALSO WELCOME TO ATTEND THE MANDATORY REPORTER AND CPR/1ST AID TRAININGS THAT DAY. CONTACT NANCY MAGNALL by phone at 877-467-4100 or 319-352-3600 or by email at magnall_ifapa@msn.com

Upcoming IFAPA Events:

IFAPA's Spring Conference, Friday & Saturday, April 8 & 9, 2016, Airport Holiday Inn & Convention Center - Des Moines. Check out the IFAPA website for more information.

Upcoming local IFAPA trainings: To register for the following trainings, please visit our website: http://www.ifapa.org/training/training_registration_form.asp OR call our office at 1-800-277-8145 ext. 1

Saturday, Mar. 5, 2016 (9am-12:15pm), ***Mandatory Child Abuse Reporter Training***, 3 hours, Cedar Falls, Clarion Hotel, 5826 University Ave, The Cedar Room

Saturday, Mar. 5, 2016 (1:15pm-5:30pm), ***CPR & First Aid*** (Register & Pay on IFAPA website), 4 hours, Cedar Falls, Location to be announced

Saturday, Mar. 12, 2016 (9am-4:30pm), ***Hope For Healing: Trust Based Relational Intervention*** (Darcie Van Voorst), 6 hours, Cedar Falls, Clarion Hotel, 5826 University Ave, The Cedar Room

Saturday, Mar. 12, 2016 (9am-12:15pm), ***Mandatory Child Abuse Reporter Training***, 3 hours, Cedar Rapids, Clarion Hotel, 525 33rd Ave SW, Forrum Room

Saturday, Mar. 12, 2016 (1:15pm-5:30pm), ***CPR & First Aid*** (Register & Pay on IFAPA website), 4 hours, Cedar Rapids, Location to be announced

Saturday, Mar. 19, 2016 (8am-12:15pm), ***CPR & First Aid*** (Register & Pay on IFAPA website), To avoid late fees pay by Friday, Mar. 4, 4 hours, Davenport, Location to be announced

Saturday, Mar. 19, 2016 (1:15pm-4:30pm), ***Mandatory Child Abuse Reporter Training***, 3 hours, Davenport, Clarion Hotel, 5202 Brady St, Terrace Room

Saturday, Mar. 26, 2016 (9am-12:15pm), ***Communicating With Your Child Through Play*** (Rebecca Dickinson, LISW), 3 hours, Davenport, Clarion Hotel, 5202 Brady St Oakwood Room,

Saturday, Mar. 26, 2016 (1:15pm-4:30pm), ***But What Does Therapy Do? De-Mystifying the Therapy Process*** (Rebecca Dickinson, LISW), 3 hours, Davenport, Clarion Hotel, 5202 Brady St, Oakwood Room,

Saturday, Apr. 2, 2016 (9am-4:30pm), ***Family Matters - Working with Birth Families in the 21st Century*** (Mike McGuire), 6 hours, Davenport, Davenport Hotel & Conference Center

As always, please call or e-mail if you have any questions, comments, or just want to visit!

Nancy Staton