

# NEWS FROM YOUR PEER LIAISON

## August 2015



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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

## The Power and Importance of Books and Reading

Books have the power to benefit all age groups of children. Who can forget the movie "The Blind Side" as Sandra Bullock was reading to her own children while Michael was listening from the hall. Reading is one of the most important things parents can do to prepare a child to succeed in school. Here are some benefits that come from reading to your child.

- **Creating a desire to learn.** One of the main benefits of reading to children is helping them develop a desire to learn. Learning to put together words and sentences can prepare them to master the math, science, and other concepts presented in elementary school.
- **Learning basic speech and language skills.** As they listen to you read, little ones are processing the basic sounds that form language. When a toddler pages through a book and "pretends" to read it, they are laying the foundation for reading. This will help them begin to master language fundamentals as they prepare to enter school.
- **Seeing how books "work."** As you read, children will learn that text is read from left to right. They will see that the words on a page are separate from the pictures. This is important once they begin to read for themselves.
- **Improving communication skills.** Children who are read to learn how to express themselves. As they listen to you read and see how characters in the books interact with each other, your child will gain valuable communication skills.
- **Building thinking skills.** As they are read to, your toddler or preschooler will begin to relate the scenarios in books to what's happening in their own life.
- **Preparing for new experiences.** Reading a story is a great way to help prepare a child for a new or a possibly stressful experience. For instance, if your little one is nervous about starting school, reading a story dealing with this situation may help ease her anxiety.
- **Improving concentration and attention.** Children may initially fidget or become distracted while you read, but gradually they'll learn to sit still for the entire book. Developing a longer attention span will benefit your child in the school setting.
- **Developing stronger relationships.** Snuggling up and reading a book can be a nurturing activity that may bring the two of you closer together.
- **Learning that reading is fun!** Reading early and often to your children helps them see that books can be fun and entertaining.

Never underestimate the power you have as a parent to enhance your children's potential to learn and succeed in school! Below are a two links that will provide suggestions for read-alouds for any and all ages!

<http://www.readaloudamerica.org/booklist.htm>

<http://www.trelease-on-reading.com/rah-treasury-intro.html>

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## IFAPA Training

Register at 1-800-277-8145 ext. 1

[www.ifapa.org](http://www.ifapa.org)

Date & Time	Name of Training	Credit	Location
Aug. 15, 2015 930am-4:45pm	<a href="#">Domestic Minor Sex Trafficking and Its Impact on Children in Care</a>	6 hours	<b>Ames</b> Public Library 515 Douglas PEO Room
Aug. 22, 2015 9am-12:15pm	<a href="#">Mandatory Child Abuse Reporter Training</a> CLASS FULL - No Openings	3 hours	<b>Ankeny</b> IFAPA Training Center 6864 NE 14th St, Suite 5A
Aug. 22, 2015 1:15pm-5:30pm	CPR & First Aid CLASS FULL - No Openings	4 hours	<b>Ankeny</b> IFAPA Training Center 6864 NE 14th St, Suite 5A
Aug. 29, 2015 9am-12:15pm	<a href="#">"Quirky Kids": Strategies for Living with Young Children with Challenging Behaviors</a>	3 hours	<b>Ankeny</b> IFAPA Training Center 6864 NE 14th St, Suite 5A
Aug. 29, 2015 1:30pm-4:45pm	<a href="#">The Good Enough Parent: Promoting Mental Health in Young Children</a>	3 hours	<b>Ankeny</b> IFAPA Training Center 6864 NE 14th St, Suite 5A
Sept. 12, 2015 9am-12:15pm	<a href="#">Grrr...I am Just So Mad: Helping Young Children Deal with Their Anger</a>	3 hours	<b>Ames</b> Hy-Vee West Store 3800 Lincoln Way Club Room
Sept. 12, 2015 1:15pm-5:30pm	CPR & First Aid For registration options, <a href="#">click here</a> . To avoid late fees pay by Aug. 28	4 hours	<b>Ames</b> TBA
Sept. 19, 2015 9am-12:15pm	<a href="#">Building Relationships Through Play</a>	3 hours	<b>Ankeny</b> IFAPA Training Center 6864 NE 14th St, Suite 5A
Sept. 19, 2015 1:30pm-4:45pm	<a href="#">But What Does Therapy Do? Demystifying the Therapy Process</a>	3 hours	<b>Ankeny</b> IFAPA Training Center 6864 NE 14th St, Suite 5A

## DIY Bookmarks



Supplies: #10 envelopes  
scrap paper or card stock  
glue stick  
scissors  
assorted crayons or markers  
googly eyes, etc.

Beginning at the bottom left corner of the envelope, measure 2 ½" up the left-hand side of the envelope. Make a mark with a pencil. From the mark, measure 2 ½" to the right. Repeat by drawing 2 ½" down to the bottom of the envelope. You will have a 2 ½" square drawn on the bottom left corner of the envelope.

Cut out the square, making sure to cut through both layers of the envelope.

Using a ruler, draw a line from the top left corner of the square diagonally to the bottom right corner. Cut along this line, ONLY cutting the top layer of the envelope.

Now the best part--decorate! Use colored paper, markers, crayons, etc. to decorate any way you wish! Simply slide on the corner of your book page to mark your spot!

