

A note from your Peer Liaison

The Food Fix: ADHD-Friendly Meal Ideas

Studies suggest that dietary changes have not only improved symptoms of hyperactivity, concentration, and impulsivity, but also have calmed oppositional behavior in ADHD kids. Combining protein with complex carbs that are high in fiber and low in sugar will help your child manage ADHD symptoms better during the day. Suggestions:

Breakfast: scrambled eggs with whole-grain toast, natural peanut butter on whole-grain bread, a veggie omelet and a bran muffin; yogurt with fruit and oatmeal.

Lunch or dinner: half of the plate should be filled with fruits and veggies, one-fourth with protein, and one-fourth with complex carbs. This combination of food may control swings in behavior caused by hunger, surges in blood sugar, or a shortfall of a particular nutrient. In addition, whole grains help prevent blood sugar levels from spiking and then plummeting, which can increase inattention.

ADHD medications tend to blunt the appetite, make calories count. Snacks/ Desserts: creamy or cheesy soups with croutons; string cheese, crackers, apple or banana and peanut butter, applesauce, fruit /yogurt parfait, or chocolate pudding with skim milk.

Several studies suggest that artificial additives and sugar may **INCREASE** hyperactivity in ADHD children. Check labels for foods containing artificial colors, flavors, dyes, preservatives, and excess sugar.

More tips located at Attitude magazine

Christie McGuire

**855-929-2005 or
cmcguireifapa@gmail.com**

Upcoming local trainings

COME AND HEAR ABOUT THE NEW RESPITE OPTION COMING TO THIS AREA

Respite--we all know how important it is, so why do so few families use it as often as they should? Families say it's not easy to locate other foster families who are available to provide respite. Plus they hate to disrupt the children in their home and send them to another home for respite and go to all the work necessary to make respite arrangements. Sometimes it's just easier to stay home.

In the coming months, families in this area have another respite option available--one that doesn't disrupt the children and makes it easier for families to get away for a day or a weekend.

Since 2010 foster and adoptive families in Bremer, Butler, Franklin, and Grundy Counties have been able to participate in a pilot respite program that provides trained and certified respite providers who come to the foster or adoptive home and provide respite care while the foster or adoptive parents are away. The program has since expanded to serve nine additional NE Iowa counties and this year foster families in Cerro Gordo, Floyd, Winnebago, Worth, Mitchell, Wright, Hamilton, and Hardin Counties will also be eligible to use the program.

Does this sound like something you'd be interested in taking advantage of? Then come to the next foster parent support group meeting to hear all the details. Nancy Magnall, the certified respite program coordinator, will meet with us on (insert date, time, and location). She will talk about the importance of respite and how families in this area will be able to participate in the new respite program. **Two hours of foster parent training credit will be given to those attending this training. This training is required of foster families who want to use the respite program.**

August 12, 2014 DHS Liberty Room.

6:30 pm A light supper will be provided.

7:00-9:00 Certified Respite training

Area Trainings

June 9

6:30 pm

Iowa Brain Injury Support Group

A monthly support group for survivors and caregivers

Jackie Vaughn

641.822.4890

St. John's episcopal Church

120 First St. NE

Mason City

Addition questions:

855.444.6443

Friday, June 13

9am-5pm

To Have and to Hold:
Developing and Sustaining the Parent-Child Attachment When Children Have Experienced Changes in Caregivers and/or Trauma

6.5 hours

Waverly Vineyard Community Church -----
319 West Bremer Ave

Waverly



YOU HAVE BEEN HEARD!!!

Have you tried to contact your licensing worker or social worker and not heard back? Have questions about resources available? I am here to support you! I will be available Wednesday afternoons from 3pm – 4:30pm at 319-292-2375.

Natalie Clapp
DHS Licensing Supervisor

Who is Eligible for Adoption Respite?

Adoption Respite is a service available to adoptive families for their subsidized adopted children. Each adopted child who is subsidized is eligible for 5 days of respite service per fiscal year at \$17 per day. Adoption Respite is ONLY available to adopted children who receive adoption subsidy.

How is Respite Accessed? What is the time frame?

- **Each child is eligible for 5 days per fiscal year. The current fiscal year runs from July 1, 2013 to June 30, 2014. All Adoption Respite forms for this fiscal year must be submitted to IFAPA by July 9, 2014 in order to be processed for the 2014 fiscal year.**
 - When respite is needed, the adoptive parent selects their own respite provider, and makes necessary arrangements. To receive payment, provider must be an adult (over age 18).
 - After respite care is provided, please complete our online form (see below) and submit directly to IFAPA.
 - Payment will be made to the provider and will receive a copy of the Adoption Respite Billing Form with payment.
 - IFAPA will process all payments within 5 working days of receipt.
 - Payments to providers for this program are contingent upon continued Adoption Respite Program funding from DHS.
-

Who Do We Contact for More Information?

You may contact both the Iowa Foster and Adoptive Parents Association (IFAPA) and your adoption worker who handles your adoption subsidy case, for more information. IFAPA is responsible only for the payment of respite - not in locating providers.

Where Do We Receive Additional Respite Billing Forms?

To submit the form electronically, please complete the form listed at www.ifapa.org

To receive paper copies of this form in your mail, contact IFAPA (Phyllis Pierce) at 800-277-8145, ext. 4 or 515-289-4567, ext. 4 or e-mail her at ppierce@ifapa.org

IFAPA's Adventureland Fun Day

(For all of Iowa's Foster, Adoptive and Kinship Families)

Saturday, August 23, 2014

Adventureland Park, Altoona

All ticket orders must be received by IFAPA, no later than Friday, Aug. 15.

For more information, go to: www.ifapap.org

Don't forget: NCIFAPA received a family pass to Omaha's Doorly Zoo!!! To reserve the pass, contact Christie McGuire at: 1-855-929-2005

REALFest Music Festival - Carroll

A Music Festival Benefitting Adoption & Foster Care

July 25-27, 2014 - Carroll, IA

Event includes concerts, camping, food, seminars and more!

For more information, go to: www.ifapa.org