

# BLACK HAWK FOSTER & ADOPTIVE PARENT NEWSLETTER

INVEST IN IOWA'S CHILDREN...OUR FUTURE

VOLUME 14 ISSUE 4

DECEMBER 2011

## December Meeting

# Annual Christmas Party



**Where:** Grace Lutheran Church, 1024 W. 8th Street, Waterloo

**When:** December 13th, 6:00 PM

**What:** a catered meal, entertainment, and visit from Santa, door prizes

Please RSVP by December 10th to Dianna Seedorff, IFAPA Peer Liaison at 319-235-2534 or seedorff\_ifapa@hotmail.com with your name and number of adults & children attending so we can plan the amount of food needed.

Please bring your favorite Christmas goodie to share.

Congratulations to Randy Greenwood and Betty Holloway for winning door prizes last month!

If you have any questions please contact Dianna Seedorff, IFAPA Peer Liaison, at 319/235-2534 or one of our dependable co- chairs: Judith Jefferies at 319/610-1861 or Nicole Grieves at 319/939-7693.



AMP &	2
Foster Parents	
Tips for the Holidays	3
New IKN Worker	4
Jan Pratt Retirement Party	4
Training	5-6
More training	7



*- Waterloo Chapter*



What can AMP do for you?

Applying for College

Career Choices

Employment Options

Relationship Building

Leadership Skills

Mentor Others

Advocate for Change

Financial Tips

Life Long Friendships

Involved in the Community

Creative Expression

Parenting a teen today is tough! Let AMP help!



◆ **Christmas Party- December 27**

For more information contact Teanna Smart at 319-433-8172  
Need a ride? Teanna can help with that too!



*Getting to know our Foster Families*

**MEET MELISSA AND PAUL WATERMAN**

Melissa has been a licensed foster parent for 5 years and Paul has been licensed for one. They are licensed for one child. Melissa and Paul are willing to take any age child. They are willing to do respite, but are currently full. They became foster parents to provide a safe and caring environment for kids who are in need. You can reach them at 319-287-9497.



**MEET STACY AND NEIL MARABLE**

Stacy and Neil have been licensed since January 2011. They are licensed for 2 children. They are willing to take 3 years and under. They became foster parents to provide a safe and loving home for children and are willing to adopt should a child become available. Stacy and Neil are willing to do respite. You can reach them at 319-529-0479.





## *Celebrating Holidays with Children You Foster*

Conflicting loyalties and lost dreams often make the holidays a difficult time for children in foster care. Just as studies show that holidays are stressful times for most of us, these reactions are compounded for youth placed in your home. Here are some suggestions for the holiday.

### **How can my family make it easier for the children in foster care while they are in our home?**

- Talk about the season ahead of time. Talk about how your family celebrates the holidays. Tell which of the traditional holidays your house recognizes. Is it Thanksgiving? St. Nick's Day? Kwanzaa? Hanukah? Christmas? New Year? Or all of the above? Talking about the holidays gives children time to anticipate the upcoming activities and ask questions.
- Help children in foster care imagine what to expect in your home. Much of what we assume to be commonplace can be new to the children you foster.
- Share religious meanings the holidays may have for your family. Talk about your family's specific customs activities.
- Use this time of sharing to learn especially religious beliefs, customs, and activities of the children you foster.
- Try to incorporate at least some of their traditions into your traditions.
- Some parents try to keep the holidays low key in order to help minimize some of the stress.



### **How can we work with birth families during the holidays?**

- Again, ask children about their experiences and try to incorporate some of their traditions. The children placed in your home may miss some activities that they experienced with their family or in a previous placement.
- If possible, ask your child's family members about their holiday traditions and customs. Ask about their beliefs and observances. Although you may feel stretched at the holidays, try to coordinate schedules with the birth families. This gives the children a chance to share what is familiar while experiencing new traditions.
- This is a good time for the youth in your home to make small gifts and send cards to their birth families or old neighbors and friends.
- This is a time when many children feel conflicted feelings about their birth families and worry about them. It is a good time to let the young person know that it is okay for them to be safe and cared for even if their family struggles. Reassure them if you can, about safety and care of their birth family.

*To learn more about celebrating holidays with children you foster go to: <http://wifostercareandadoption.org>*

## *Amanda Reynolds and Jan Pratt*



### **New KidsNet Post Adoption Support Specialist**

Amanda Reynolds is the new Iowa KidsNet Post Adoption Support Specialist for Howard, Winneshiek, Allamakee, Clayton, Delaware, Buchanan, Fayette, Chickasaw, Bremer, **Blackhawk**, Butler, Grundy, and Marshall Counties. She worked at Lutheran Services in Iowa for five years in the Family Safety Risk and Permanency department before coming to Iowa KidsNet. Amanda graduated from Loras College in 2006 with a Fine Arts and Social Worker degree. She completed her internship at Lutheran Services of Iowa in 2006 and stayed with the agency until June 2011. Amanda has also worked as the Department of Human Services' substance abuse tester and was a remedial provider for a short time. Amanda is currently working on her masters and hopes to have it complete in February 2012. If you would like to meet Amanda, she is hosting a **Meet and Greet at Lutheran Services of Iowa, 925 E. 4th Street, Waterloo, on Thursday, December 8th from 6-7 PM.**



### *Jan Pratt's Retirement Open House*

*When: Friday, December 16, 2011*

*Where: DHS Pinecrest Bldg, Room 201*

*Time: 2:00—4:00 PM*

*Please come and celebrate Jan's Retirement after her 33 year legacy in Child Welfare with the Department of Human Services.*





## Training Available in Black Hawk County

In Iowa, foster parents need six hours of training annually to renew their foster care license. At least three training hours must be done in a group setting. Foster parents must complete their training two months prior to licensing date. *Note: Families will no longer be granted extensions or exceptions for not getting their training credit on time.*

If you want to receive foster parent training credit, it is your responsibility to send your training certificates to your KidsNet licensing worker within 30 days following the training. Be sure to keep the original copy for your records.

**PLEASE KEEP IN MIND** - With the exception of CPR, First Aid and Mandatory Reporter classes, foster parents **CANNOT** receive training credit for any class after October 2009 that they have previously attended and used for re-licensing.

Foster parents are mandatory reporters of child abuse. As mandatory reporters, foster parents are required to complete two hours of training in child abuse identification and reporting. This training must be taken within the first year of initial licensing and every five years thereafter. CPR & FIRST AID every three years, but before the end of the third training cycle.

### “On Line Training”



DHS has approved that foster parents may receive up to 3 hours foster care training credit for courses listed on [www.fosterparents.com](http://www.fosterparents.com). The foster parent will read the course material, answer the test questions, and click on submit button. A certificate will be generated immediately. The certificate will need to be sent to your licensing worker. Remember to make and keep a copy for your records. There is a charge for these trainings.

### “Mandatory Reporters Training”

The Iowa Department of Public Health has approved one online Mandatory Reporter Training Class for foster parents to take. Foster parents will receive 2 hours of credit for this course. The cost to take this course is \$18.95 per person. PLEASE REMEMBER- IFAPA promotes this online class as an additional resource for foster parents; however, this is not connected to IFAPA. For detailed instructions on how to take this online course, visit the IFAPA website:

**Need Support? Have a question?  
We are here for you!**

**Dianna Seedorff**, IFAPA Peer Liaison  
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IKN Renewal and Support Worker  
319.859.3588  
[Katie.squier@lsiowa.org](mailto:Katie.squier@lsiowa.org)





## More Available Training

### GENERATION X,Y, & Z: THE TOXIC CULTURE OF TEENS

**Date:** Saturday, January 21, 2012

**Time:** 9 AM-4:30 PM

**Location:** Hawkeye Community College, Waterloo

**Credit:** 6 hours of approved training

Today's teenagers live with personal, social, and societal issues that often result in risk taking, danger, loss, and sometimes tragedy. Topics covered will include teen substance abuse, teen suicide, the impact of technology on teen's lives, internet concerns, firearms in the homes, peer groups and peer pressure, domestic and sexual violence...and more. This class will increase awareness of these issues and discuss strategies to deal with teens facing challenges. Trainer: Mike McGuire

To register call 800-277-8145 ext. 1 or [www.ifapa.org](http://www.ifapa.org), you will find the link on the home page. You will receive an email or letter one week prior to the class.

### DECODING THE MYSTRY OF ADHD

**Date:** Saturday, March 17, 2011

**Time:** 9 AM—12:15 PM

**Location:** Clarion Hotel, Cedar Falls

**Credit:** 3 hours of approved training

What did Bill Gates, Michael Jordon and Steven Spielberg have in common? They all had ADHD. Often what can be seen as a detriment could also be channeled into an outlet to help a person to succeed. This workshop will present and discuss the patterns of behavior that are characteristic of Attention Deficit Disorders in Children and adolescents. The workshop will also provide specific behavioral strategies that parents can use to help their children achieve more success in school, in social interactions, and at home. Trainers: Dr. Warren Phillips and Dr. Judy Rudman

To register call 800-277-8145 ext. 1 or [www.ifapa.org](http://www.ifapa.org), you will find the link on the home page. You will receive an email or letter one week prior to the class.

### WORRYWARTS AND HOW YOU CAN HELP THEM: UNDERSTANDING ANXIETY DISORDERS IN CHILDREN

**Date:** Saturday, March 17, 2011

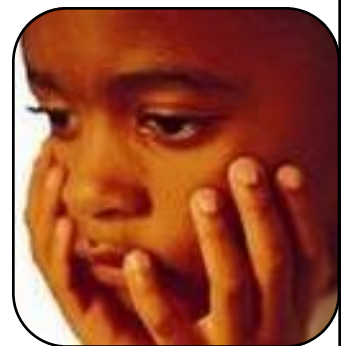
**Time:** 1:30 PM—4:45 PM

**Location:** Clarion Hotel, Cedar Falls

**Credit:** 3 hours of approved training

Do you wonder how to help your child relax and cope with things that make him/her anxious? Does it concern you that maybe he/she worries to much? This workshop will present and discuss symptoms and behaviors typical of a variety of anxiety disorders in children and adolescents. Parents will learn specific methods to help their children cope with anxiety and control its symptoms and impact. Trainers: Dr. Warren Phillips and Dr. Judy Rudman

To register call 800-277-8145 ext. 1 or [www.ifapa.org](http://www.ifapa.org), you will find the link on the home page. You will receive an email or letter one week prior to the class.





***Foster Parents must complete their training by the dates below:***

### **CPR & FIRST AIDE**

**Date:** Saturday, March 31, 2011

**Time:** 1:15 PM– 5:30 PM

**Location:** To be announced, Cedar Falls

**Credit:** 4 hours of approved training

To register for this class you need to use the form in the IFAPA Spring Training Schedule and mail your payment to IFAPA , 5864 NE 14th St., #5, Ankeny, IA 50023. Spots are limited so register early! Deadline for payment is March 16th, 5 pm. Cost is \$25.00 per person and a \$10 late fee if payment is not received on time. You are not enrolled until payment is received. IFAPA will send you a postcard in the mail confirming that you have been enrolled in the class along with the location specifics. There are no refunds, due to participant cancelations.

### **WHICH PIECE OF THE PUZZEL IS MISSING? DISCOVER PIECES CONCERNING AND AFFECTING YOUR FAMILY**

**Date:** April 14, 2011

**Time:** 9 AM—4:30 PM

**Location:** Clarion Hotel, Cedar Falls

**Credit:** 6 hours of approved training

This training will help foster/adoptive parents to discover which piece or pieces are concerning and affecting their families. It will contain background information on attachment and trauma, more effective parenting strategies, more successful ways to work with the school, how it is affecting their biological children, how to get 504's in place, recognizing which kinds of therapies or combination of therapies might work, variations of testing would be helpful to narrow down the diagnosis, the necessity of a full evaluation including neurologist or neuro-psychologists, and guest speakers to share person experiences and support. Also, a beginning training will be presented on internationally adopted children. This will be based on the teachings of Dan Hughes, Arthur Beckerman Weidman, Patty Coge, and Boris Gingis. Are you still searching for the missing piece? This presentation will help you find the mission piece. Trainer: Marty Wallace, LMHC

To register call 800-277-8145 ext. 1 or [www.ifapa.org](http://www.ifapa.org), you will find the link on the home page. You will receive an email or letter one week prior to the class.

### **PEOPLE OF COLOR: SKIN & HAIR CARE WITH A FAMILIAR TWIST**

**Date:** Saturday, May 12, 2011

**Time:** 9 AM—4:30 PM

**Location:** Hawkeye Community College

**Credit:** 6 hours of approved training

This class will provide a hands-on learning opportunity on the care of hair and skin for children of color, along with health issues and cultural practices. Skin & hair care products will be available. Trainer: Dottie Fouse

To register call 800-277-8145 ext. 1 or [www.ifapa.org](http://www.ifapa.org), you will find the link on the home page. You will receive an email or letter one week prior to the class.

