NEWS FROM YOUR PEER LIAISON

TINA VANDE KAMP

IFAPA Peer Liaison

How to Contact Me:

844-451-6813

712-451-6813

tvandekamp@ifapa.org

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

ifapa a resource for families

Iowa Foster & Adoptive Parents Association

www.ifapa.org

SELF CARE AND THE HOLIDAYS

Self- care is an important lifelong parenting skill. Self-care becomes even more essential during the holiday season. The holidays can trigger a wide variety of emotional reactions and behaviors for children and youth living in foster care. With Thanksgiving just weeks away and Christmas a month later, it's a good time to remember the importance of self care especially during the holidays.

In order to be the best parent you can possibly be, you need to ensure that you are taking care of yourself. Our lives are busy and being a parent is demanding. As a result, it is vital to take care of your needs so that you can be there to meet the needs of the children entrusted to your care.

The following are some suggestions for you to consider: Enjoy all that life has to offer. Make time to enjoy your hobbies and interests:

☐☐Writing

☐☐Reading

☐☐Scrapbooking

☐☐Painting

☐☐Week-end getaway

☐☐Exercising

☐☐Photography

☐☐Go to the movies

☐☐Practice yoga

☐☐Gardening

☐☐Play your favorite sport

☐☐Go for a walk

☐☐Listen to relaxing music

☐☐Don't forget to laugh early and often
(Remember that old adage, *Laughter is the best medicine!*)

☐☐Seek out support from others:

☐☐Talk to your partner

☐☐Talk to your peer liaison **844-451-6813**

☐☐Talk to your caseworkers

☐☐Attend a support group

☐☐Attend a training class

Call IFAPA! We are here for YOU!! 877-467-4100 or 877-788-7255

CELEBRATE AND HONOR HOLIDAY TRADITIONS

☐☐Develop positive relationships with the child's birth family.

☐☐Honor established traditions and create new ones.

☐☐Encourage enriching connections between children and their families.

☐☐Capture the cherished memories by providing children with a camera on home visits.

☐☐Work together to create a holiday keepsake photo album.

☐☐Encourage phone calls and contacts during the holidays and throughout the year.

Resource: *Foster Care and Adoption Resource Center & WI Department of Children & Families.*

NEWS FROM YOUR IFAPA PEER LIAISON

Area Support Groups

Hull Support Group
(Sioux, Lyon, O'Brien and Osceola Counties)
Dan & Julie Bosma
712-439-2617 or jbosma@hickorytech.net

Plymouth County/LeMars Support Group
(Any kinship, adoptive or foster parent from any county)
Chelle Bisenius
712-480-3737 or chelle.bisenius@lsiowa.org

Moville Support Group
(Any kinship, adoptive or foster parent from any county)
Chelle Bisenius
712-480-3737 or chelle.bisenius@lsiowa.org

Woodbury County/Sioux City Support Group
(Any kinship, adoptive or foster parent from any county)
Chelle Bisenius
712-480-3737 or chelle.bisenius@lsiowa.org

Consider joining a support group today! Gain valuable resources and network with parents just like you! To join is free. Simply contact the group leader in your county for meeting places and times!

UPCOMING IFAPA TRAININGS

Sat. Nov. 1	9am-4:30pm	Sioux City	Preventative Practices II
Sat. Nov. 8	9am-4:30pm	Council Bluffs	Responding Effectively to Troubling Behaviors
Sat. Nov. 15	9am-12:15pm	Sioux City	Doctors Speak a Foreign Language
Sat. Nov. 15	1:30-4:45pm	Sioux City	Is Mental Health Puzzling to You?
Sat. Nov.22	1:15-5:30pm	Council Bluffs	CPR and First Aid **($40)**

HAPPY THANKSGIVING!