

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



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HOW TO BEAT THE WORRIES

How can you help a child who suffers from anxiety? How can you calm a child who worries too much? The first step is getting your child to identify what is worrying him/her. Once your child can identify worries, there are several ways you can help your child decrease anxiety.

1. Use Logic Against Worries

Logic is when you think about what is really true instead of what *might* happen. Using logic makes the worry less powerful. Perhaps your child was invited to a sleepover but is afraid of dogs. The child starts worrying about if the dog jumps on him/her, if the dog bites, if they can get inside without seeing the dog, etc. Use logic before worrying any more about the dog. Maybe the friends doesn't even have a dog, maybe the dog is in a kennel, maybe the dog stays in a fenced area outside. Use logic to reduce the power a worry has.

2. Use a Worry Box

A worry box is a great place to lock worries away. You can use an actual box, some sort of lock box, or use your imagination! The child can write down worries and put the slips of paper in a box that can be closed and locked. They can do this in their own minds with their imaginations or in realty. Worries don't deserve the energy they take so write them down and lock them away.

3. Make Worries Wait

Set a timer for 15 minutes and give your child 15 minutes to worry. When the timer goes off, worry time is up. The child can take worries out of their worry box to think about during that time or write down what they are worrying about. The child can use this time to discuss worries with you. The rule about worry time is that if worries pop up during other times of the day, you have to use your imagination and lock them away until worry time. Remind yourself that you can think about those worries again at Worry Time, but not right now. This takes practice but can be a useful tool in dealing with intrusive worries throughout the day.

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4. Talk Back to Worries

Tell worries to buzz off, beat it, stop bugging me, hit the road, etc. Learning to push worries aside until a later time is a great way to regain focus. For instance, your child is worried who he/she will play with at recess, work with your child to tell the worries to buzz off or go away so they can get back to focusing on the task at hand.

5. Re-Set Your System

Sometimes worries make our bodies feel bad, but you can re-set your system with activity or relaxation exercises. Sometimes when we worry too much, our hearts beat fast, our head hurts, or our stomach feels upset. Get moving to re-set your system. Run up and down the stairs 4 times, do 50 jumping jacks, jump rope while you count to 100 or skip while you count to 100. Activity helps regulate our system. Counting while doing so helps our minds focus on something other than what we are worrying about.

Relaxation techniques can also re-set our system. Squeeze your fists and relax them 50 times, stretch your legs stiff like boards 25 times, scrunch up your face 20 times or breathe in and out steadily 30 times. Reading a favorite book, reciting a favorite nursery rhyme or singing a favorite song can also help relax kids.

6. Stay Strong

Stay strong in body and mind helps reduce anxiety. Think good thoughts, remember favorite memories and focus on things you are good at. This helps kids build confidence and they can learn to be good at fighting worry.

In teaching kids how to best overcome their worries, it is important to put the worries into words. Helping children identify what is worrying them then help the child to practice ways to keep worries in perspective. Practice is also key to overcoming anxiety. A child will need help to practice these techniques repeatedly so they can learn to use logic, use a worry box, make worry wait, etc. Put worries into words and practice, practice, practice and you can help train your child to take control over their worries!

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@siowa.org

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

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

Beginning Sept. 1, 2014 IFAPA will be switching from a Heartsaver CPR/First Aid course to a Friends and Family CPR course and a Heartsaver Pediatric First Aid course. What does this mean for you?

1. You will be learning the exact same skills with the new courses. You will still learn breaths and compressions for infants and children and compression only CPR for adults. CPR will cover basic first aid skills for children and teens.
2. The cost and time frame of the course will not change. The CPR/First Aid course will still cost \$40.00 per person and will still be worth 4 hours of foster parent training credit.
3. The card you receive will change. Rather than having to wait for your card to arrive in the mail you will be receiving it at the end of your course. It will now be stapled to IFAPA's pink certificate. Your Iowa KidsNet support worker will need both the card and the certificate at the time of your license renewal.
4. The CPR course IFAPA offers is no longer a certified course. Our courses meet the requirements for foster care licensing, but may not be appropriate for other licensing situations (i.e. childcare, nursing, EMT, etc.).
5. You will not need to retake a CPR/First Aid Course that you have completed with IFAPA. The change in cards, DOES NOT impact a current course. Please submit it to your IKN Support Worker for your licensing. The next time you take a course with IFAPA your card will be different.