

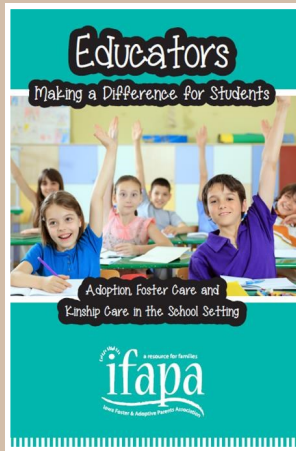
AUGUST 9, 2016

## FREE BOOK FROM IFAPA

**PLEASE SHARE WITH YOUR CHILD'S TEACHER!**

In the schools of the 21st century, educators encounter a diverse population of students. Students come from different ethnic, racial, and cultural backgrounds and varied family situations, including foster, adoptive and kinship families. Regardless of the type of family situation they live in, children who do not live with their birth parents deal with unique issues. These issues may affect a student's school performance.

This booklet was developed to provide educators with information about issues that impact children and youth in out-of-home care and the effect those issues might have on classroom learning. Information and suggestions on how educators can assist and advocate for these students are also included.



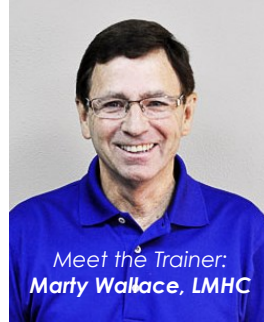
To receive a copy (or multiple copies) of this booklet, please email your name and address to Crystal at [cthomason@ifapa.org](mailto:cthomason@ifapa.org) or call 800-277-8145 ext. 5. You can also find this book on IFAPA's website. [VIEW BOOKLET](#)



IFAPA's Appreciation Day is Sat., Aug. 20th.  
**Ticket orders must be received no later than Friday, August 12th.**

[ORDER TICKETS ONLINE](#) [ORDER TICKETS VIA MAIL](#)

## EXPAND YOUR KNOWLEDGE – ATTEND A TRAINING



Meet the Trainer:  
**Marty Wallace, LMHC**

Marty Wallace is a child, adolescent, and young adult therapist and attachment, trauma, bonding specialist from the Creative Living Center in Rock Valley, Iowa. Marty is a play therapist supervisor and mental health counselor. Marty has trained with some of the most prestigious attachment experts in the U.S.

### CALMING THE TRAUMA STORM

SW CEUS OFFERED  
Teachers Welcome

The trauma storm is one that is fierce at times, trying to destroy. Most people don't understand the velocity, the frequency and the damage it can cause. During this class we will cover some basic trauma and attachment information and discuss the ACES study. This course then shifts into where the trauma storms can be and what can be done: a storm with the child, with the spouse or caregivers, with relatives, with neighbors, with DHS, with other siblings, with the school, with therapies and medication, with the community or with respite. We will cover information and strategies that will help with the intensity, the frequency, and the duration of the trauma storm.

**IOWA CITY - Sat., Aug. 13, 2016** (9am-12:15pm) Clarion Hotel  
**FORT DODGE - Sat., Aug. 27, 2016** (9am-12:15pm) ICC- East  
**SIoux CITY - Sat., Sept. 17, 2016** (9am-12:15pm) Stoney Creek Inn

### TIME TO GET THE SCHOOLS ON BOARD

SW CEUS OFFERED  
Teachers Welcome

When students spend such a large portion of their childhood in school it is imperative that the school system is on board and educated about working with children exposed to trauma. This presentation will cover a quick overview of trauma and attachment issues, how trauma impacts the brain, and how learning can be impaired. Discussing specific strategies across the developmental spectrum, this knowledge can be transferred into the school system to help traumatized children be more successful and help families feel less alone.

**IOWA CITY - Sat., Aug. 13, 2016** (1:15pm-4:30pm) Clarion Hotel  
**FORT DODGE - Sat., Aug. 27, 2016** (1:15pm-4:30pm) ICC- East  
**SIoux CITY - Sat., Sept. 17, 2016** (1:15pm-4:30pm) Stoney Creek Inn

TO REGISTER - CALL 800-277-8145 OR [REGISTER ONLINE](#)



## Parenting Coach

Practical tips for everyday challenges

**Could you use a hand managing your child's social, emotional and behavioral challenges?** The Parenting Coach tool from Understood.org offers over 300 practical tips for parents. Parents can utilize this tool by visiting the link below and selecting their child's age and one of the following challenges listed below.

### Select the challenge:

- Transitioning From Task to Task
- Getting Organized & Managing Time
- Managing Attention & Staying Focused
- Sticking With It & Not Giving Up Easily
- Building Independence
- Handling Frustration
- Dealing with Anxiety & Fear
- Taking Risks
- Making Friends
- Interacting with Kids/Adults
- Using Social Media & Technology
- Problem Solving
- Improving Self-Esteem

### Tips available for grades:

- Preschool through 12th Grade

[\*\*VIEW THE PARENTING COACH TOOL\*\*](#)



### Through Your Child's Eyes

It's one thing to read about learning and attention issues. It's another thing to see them through your child's eyes. Experience firsthand how frustrating it is when your hand won't write what your brain is telling it to. Or how hard it is to complete a simple task when you have trouble focusing. Use these unique simulations and videos to better understand your child's world. [\*\*EXPERIENCE IT\*\*](#)



# HOW CAN I HELP MY CHILD COPE WITH ANXIETY ABOUT GOING BACK TO SCHOOL?

By John Piacentini - Director, UCLA Child Anxiety Resilience Education and Support (CARES) Center

**My son is anxious about going back to school, and the closer we get to the first day back, the worse it gets. He's been acting out and throwing tantrums, saying he refuses to go. What can I do?**

Going back to school can be a stressful time for both parents and children. Starting a new school year can make kids nervous, especially if there will be changes from the previous year, such as a new school, new teachers or new peers.

If your child seems very distressed about going back, here are some things to discuss with him. Find a time when he is relatively calm to have these talks. (Avoid times like when he's upset or getting ready for school.)

[\*\*CONTINUE READING\*\*](#) (Source: Understood.org)

## CALL FOR CONFERENCE PRESENTERS

Are you interested in being a conference presenter at IFAPA's Spring Conference April 7-8, 2017 in Des Moines, IA? This two-day conference will bring together foster, adoptive and kinship parents as well as human services professionals from across Iowa with the goal of learning ways to best care for and support children in foster and kinship care as well as children who have been adopted. Download the form below to complete and submit your proposal via email to IFAPA's Training Coordinator at [jclarkalbrecht@ifapa.org](mailto:jclarkalbrecht@ifapa.org). For additional information including potential topic ideas, view the [PROPOSAL FORM](#). Proposals are due by October 1, 2016!