

The **WEEKLY WORD**



JULY 5, 2016

A WARNING TO ALL PARENTS!

In Iowa the demand for the sexual exploitation of children and young adults is so tremendous that the traffickers can't find enough victims for the buyers. Don't miss reading this article about sex trafficking in Iowa and the methods traffickers are using to recruit and exploit kids. Please help by spreading the news about this article and what is happening right here in Iowa.

READ ARTICLE

SOCIAL MEDIA & YOUR FOSTER & ADOPTED TEENS

4 RISKS & WHAT YOU CAN DO

Like it or not, parents, social media is here to stay.

Today's teens have an ever-growing array of social media tools for interacting with peers and the world around them. And as with other aspects of our lives, connectedness has its benefits and its costs.

Because teens' brains are still forming, good judgment does not always prevail. Teens who are in or adopted from foster care may be particularly vulnerable to risks associated with social media because of environmental factors often present in their lives.

Understanding the following risks will help you help your teen use social media safely.

CONTINUE READING

WAITING CHILD SPOTLIGHT

Xander, age 13, may be shy at first, but his affectionate, funny personality really comes to life when he is comfortable around people he can trust.

He enjoys playing outdoors, especially when he can jump on a trampoline. But he loves indoor activities—like playing with Legos—and he wants a family who will play video games and go to church with him.

A successful home for Xander would include two parents, and he would like to be the oldest child in his home. Prospective parents should understand Xander has experienced trauma in the past, and he needs a family who can help him take a break when things become overwhelming.

Xander has an Individualized Education Plan (IEP) at school, and he benefits from a small classroom size. Xander would also love to have a family who will spend time reading with him, and encouraging him when a challenge comes up.

Families from all states will be considered for Xander. Potential parents must be patient, caring, and capable of providing a structured environment.

Xander's one wish is to find a home where he is accepted and loved. Help us tell Xander that his wish has come true.

LEARN MORE





JULY TRAININGS



Worrywarts and How You Can Help Them: Understanding Anxiety Disorders in Children

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 too 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.

Trainer: Warren Phillips Ph.D.

Saturday, July 16, 2016 (9am-12:15pm)

Saturday, Sept. 10, 2016 (1:15pm-4:30pm)

Decoding the Mystery of ADHD

This workshop will present and discuss the patterns of behavior that are characteristic of Attention Deficit Disorders in children and adolescents. The class will also provide specific behavioral strategies that parents can use to help children achieve more success in school, in social interactions, and at home. *Trainer: Warren Phillips Ph.D.*

Saturday, July 16, 2016 (1:15pm-4:30pm)

Saturday, Sept. 10, 2016 (9am-12:15pm)

40 Developmental Assets: Increasing Positive Factors in Youth

The 40 Development Assets help families to identify protective factors for youth of all ages. This workshop will help families recognize ways in which they can support the young people in their families live happy and healthy lives. Participants will be given practical tools and ideas of easy things they can incorporate into their everyday lives to empower the youth in their family. Additionally, participants will learn about family meetings and how they can be a useful strategy for family management. *Trainer: Bobbie Jo Sheridan, LBSW*

Saturday, July 16, 2016 (9am-12:15pm)

Why Can't They Stop: Addiction & New Drug Trends

Many times when someone has an addiction we often ask, "Why don't they just stop?" or "Can't they see how this is hurting their children?" In this presentation we'll look at the science behind addiction and how it affects us in everyday life. We'll also discuss new drug trends including synthetic drugs and prescription drug use. This session will also look at media influences on drug and alcohol use. *Trainer: Bobbie Jo Sheridan, LBSW*

Saturday, July 16, 2016 (1:15pm-4:30pm)

BREAKING THROUGH THE CLOUDS:

DEALING WITH REUNIFICATION ANXIETY

One of the primary goals of being a foster parent is to provide a safe and nurturing home and help a child prepare to go back home. Reunification is an exciting time and is often the culmination of many people working very hard for the sake of a child. It can be heart-filling and joyous to watch a child that you have cared for and nurtured be able to reunify with his family. At the same time, as a foster parent, it's common to feel anxious about reunification, even if you know in your heart it is what is best for the child.

Feeling anxious about the plan for the child in your care to reunify with her birth family can be the result of several things. Maybe you are concerned that it is not the right time for reunification to occur. After all, the changes that people have to make are often big ones and it can seem that the process is moving too fast.

Sometimes, due to confidentiality, foster parents may not get all the information about a birth parent's progress and that can be scary. When people don't know all of the facts, they tend to make up the worst possible scenario.

CONTINUE READING

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