

MAY 10, 2016

TEACHING KIDS TO RECOGNIZE AND RESPOND TO POTENTIALLY DANGEROUS SITUATIONS



Personal Safety Tips for Parents and Kids

KidSmartz is a child safety program that educates families about preventing abduction and empowers kids in grades K-5 to practice safer behaviors. Here you'll find helpful information about abduction, common tricks, and empowering messaging to share with your kids. Download the tip sheets and a going out checklist to role-play and practice safety.

GET STARTED WITH THESE TIPS AND ACTIVITIES

Struggling with any of the following issues in your home?
Cyberbullying | Internet Safety | Sexting | Gaming | Chat Rooms

GET TWEEN AND TEEN PARENTING TIPS

SUMMER CAMP RESOURCES

ROYAL FAMILY KIDS CAMP - Opportunity for your foster child (ages 8 & up) to attend a week-long camp through Royal Family KIDS July 4-8. Each child will be treated like royalty through many fun activities. There is not a cost to attend the camp but you will need to drop off Monday morning and pick up Friday afternoon at a location specified in Des Moines. All applications will be reviewed -- we cannot guarantee a spot for your child but will let you know as soon as possible through an acceptance letter. [SIGN UP HERE](#)

MORE CAMP RESOURCES:

[Living History Farms Day Camp - Scholarships Available](#)
[Iowa Summer Camp List](#) | [Variety AMP Camp 2016](#) | [Friends Grants](#)

A Guide for Youth

Understanding Trauma

When youth witness or experience a horrible event, they often do not have words to help make sense of what is happening and do not realize the potential for long lasting effects. It can be challenging to ask for help. As a result, youth often work to make sense of it alone. Managing these challenging emotions and stressful events by themselves can often lead to additional struggles such as unhealthy habits like smoking or drinking, hanging out with the wrong group of friends, acting out or internalizing their feelings and isolating themselves as a way to be safe.

This guide is designed to help youth make a connection between stressful events and the potential lasting impacts. Understanding trauma and having a framework to talk about past experiences can help in processing and asking for help. This understanding supports healing.

VIEW YOUTH GUIDE

CELEBRATE FOSTER CARE MONTH!

[View Upcoming Appreciation Events](#)

[Read President Obama's Proclamation for National Foster Care Month](#)

[Read IFAPA's Executive Director Reflect on National Foster Care Month](#)

RESOURCES FOR FOSTER PARENTS

[Peer Liaisons](#) | [Lifebook Pages](#)

[Publications](#) | [Newsletters](#)

[Therapists](#) | [Support Groups](#)

Adoptive Family Needed for Tyler

"A family who will love me." Nine-year-old Tyler has one wish: a forever family. Adults in Tyler's life are amazed at his ability to adapt to new environments, despite the challenges he's endured in his young life. He is a "very happy" and "very friendly" child, and he loves to participate in family life and activities. Tyler is happiest when he is playing outside and interacting with family pets. He adores animals.

At school, Tyler benefits from an IEP (Individualized Education Plan), and he receives services through an intellectual disability waiver. He has moderate behavioral and developmental disabilities; a nurturing family who will surround Tyler with patience and structure would be the best fit.

Tyler's DHS caseworker will consider one- or two-parent homes from any state. Tyler would love to grow up around other children, so siblings would be a plus in his life.

Tyler's wish is a simple one from a "very easy-going" child. Will you welcome this sweet boy into your family? [REQUEST MORE INFO](#)



What is Polyvictimization?

Polyvictimization refers to having experienced multiple victimizations such as sexual abuse, physical abuse, bullying, and exposure to family violence. The definition emphasizes experiencing different kinds of victimization, rather than multiple episodes of the same kind of victimization.

Polyvictimization usually occurs during transitions when children are most vulnerable, such as the beginning of grade school and/or high school. It is often associated with children experiencing a cluster of adverse life circumstances such as living in a family with domestic violence, growing up in a distressed and chaotic family, living in a violent neighborhood, or experiencing mental health problems.

[VIEW TIP SHEET](#)

TRAINING COMING TO SIOUX CITY

Everything You Wanted to Know About Foster Parenting But Were Afraid to Ask - Whether it is questions about navigating the system, licensing rules and regulations, what steps to take if you find yourself facing an allegation of abuse or questions about working with birth parents, having answers can extend placements and maintain calm in your home. This course focuses on providing up-to-date information through a trauma lens while providing participants with a deeper understanding of the reason behind the rules, everyday resources and ways to protect you and your home.

HELD: Sat., June 18 (9am-12:15pm) Sioux City

"Crazy-R-U's": Managing Crises in Foster and Adoptive Homes

This training will be fun and interactive teaching participants how to look for the "calm" times before the crisis and how to avoid or de-escalate when a crisis occurs. Learn useable, take-home tools to avoid being pulled into the argument and how to maintain control when your child is out of control.

HELD: Sat., June 18 (1:15pm-4:30pm) Sioux City

TO REGISTER - CALL 800-277-8145 EXT. 1 OR [REGISTER ONLINE](#)



"Every child deserves a foster parent whose heart will break when they leave."