

NOVEMBER 15, 2016

LAST TRAININGS OF 2016

Cultivating Spirituality in Your Foster Youth (Even When it is Different from Your Own)

As foster parents, it's a strong possibility that a child will land in your home whose spiritual and/or religious beliefs differ from your own. Come along on a journey to explore the importance of spiritual/existential development in one's life and the role you can play in helping your foster child along his/her individual journey. We'll touch briefly on some misperceptions of spirituality, help you assess your own beliefs and values so that you can help your child identify his/her own and offer practical tips and tools to help you guide your child along his/her own path. **Trainer: Rebecca Dickinson, LISW**

CLASS HELD: Saturday, Nov. 19 (9am-12:15pm) Cedar Rapids

Communicating with Your Child Through Play

For our children who can't verbalize what they are feeling or have experienced, toys become their words and play becomes their form of expression. This training provides an overview of the rationale for play therapy with children and how trauma affects a child's play, provides information on how to gauge what play is appropriate and when to seek help, and how to use your child's natural language of play to help build connections to you and to others. This training covers communicating through play with all age ranges, including ideas for how to connect with your teen. It will also provide information on how to best communicate what you are seeing with your child's therapist. **Trainer: Rebecca Dickinson, LISW**

CLASS HELD: Saturday, Nov. 19 (1:15pm-4:30pm) Cedar Rapids

Family Matters - Working with Birth Families in the 21st Century

Today's foster parents, kinship and relative caregivers are key partners in helping children and families move through the system toward positive outcomes. During this class, we will explore the history of working with birth families along with the expectations and opportunities that exist today. We will explore how trauma impacts individuals, families, and the process of moving through the system and engaging the change process. We will explore the elements and expectations of the Family Interaction Initiative. The class will focus on specific practical tools for communication, documentation, and goal setting that will help to de-mystify the birth family and foster family relationship and provide a path for positive change. **Trainer: Mike McGuire**

CLASS HELD: Saturday, Nov. 19 (9am-4:30pm) Charles City

To Register for a Class: CALL 800-277-8145 OR [REGISTER HERE](#)

Deana Hopes for Adoptive Parents Who Spend Time Outdoors with Her

11-year-old Deana likes to be outdoors, color, play sports and ride her bike. She can be shy the first time you meet her, but her smile is contagious and she can be very funny!

Deana has an IEP (Individualized Education Plan) at school for education and behaviors. She is working hard, but she sometimes gets frustrated when she can't complete a task. She also requires help with transitions, so a family who can be patient during bedtime and other daily transition times will be helpful.

Deana's DHS adoption worker will consider families from Iowa and states bordering Iowa. A two-parent family with no other children in the home would be best for Deana so she could get the attention she needs. Deana has stated she would like a mom and a dad. Deana will need a family who can meet her emotional health needs.

Deana is a great girl who has had a very difficult past. She would love to do activities with a caring family. Could you be the loving forever family Deana deserves?



[REQUEST ADDITIONAL INFORMATION](#)

[CHECK OUT THESE 14 CLOTHING CLOSETS THAT SUPPORT FOSTER AND/OR ADOPTIVE PARENTS.](#)

CONQUERING FOOD-RELATED FEARS AND BEHAVIORS

by Bob DeMarco

Food is often an issue in families with children who have experienced early trauma or neglect. The causes vary, but the results are often the same: overeating, undereating, hoarding food, stealing food. The way children deal with their often intense feelings about food—especially when combined with other challenging behaviors—can drive resource parents to the brink.

In our home we've dealt with "The Cave Man" who can't shovel food in fast enough, "The Bird" who refuses to eat at all, "The Bottomless Pit" who never seems to fill, "The Night Owl" who won't eat dinner but is starving at 2 a.m., "The Scavenger" who takes from everyone else, and "The Collector," who likes to store leftovers from the evening meal under the bed.

Our kids had indeed come from a neglectful situation and at times went for days without someone offering them food. This might explain why raw spaghetti and dry cake mix are comfort foods for them, or why my son feels an intense need to provide for his younger sister, or why he asks about lunch while eating enough breakfast for three grown men.

Food-driven behaviors present real challenges for parents and add to the length and breadth of the emotional minefield we navigate as we try to help our kids heal. Many of the mines I've stepped on are because I didn't use the proper parenting techniques I've learned. One would think that after five years parenting children with trauma backgrounds, I would know authoritative parenting doesn't work and that I will not win a battle for control with my kids.

One would think. And yet I have been heard to say:

"You will not leave the table until you eat that chicken"... BOOM (mine explodes).

"You will not hide food in your room"... BOOM (mine explodes).

[CONTINUE READING FOR FOOD TIPS](#)

RESOURCE FROM BLANK CHILDREN'S HOSPITAL:

[FOOD & EATING ISSUES RELATED TO CHILDREN IN FOSTER CARE](#)

The tips in this video are presented by Dr. Ken McCann a Pediatrician who specializes in child abuse and neglect at the Regional Child Protection Center. [WATCH VIDEO](#)