

OCTOBER 4, 2011

Social Media, Internet & Texting Tips for Caregivers

Excerpt from the *Adoption Resources of Wisconsin Newsletter*...

Social media, the Internet and texting are intertwined in the lives of young people. While many of us are familiar with Facebook, Twitter and YouTube, it is important to highlight there are many more social media outlets too numerous, in fact, to mention them all.

Some families are hesitant to allow access to these social media outlets, but the reality is that youth have a variety of opportunities to access social media outlets and, even if they are not logging on, their peers and others most likely are.

As parents, we strive to protect children and it is important to be aware of the potential positive and negative aspects that are associated with these popular social media choices. The Internet has dramatically changed the way in which we communicate.

In an effort to provide information and support to families, the Foster Care and Adoption Resource Center (FCARC) has created two tip sheet resources that specifically address these topics:

The 411 on Social Media, Networking and Texting!

<http://wifostercareandadoption.org/library/1058/socialmedia.pdf>

Internet Safety Tips for Caregivers

<http://wifostercareandadoption.org/library/392/internetsafety.pdf>



Meet Other Families Just Like You!

Are you looking for a way to connect with other parents in your area? Support groups provide an excellent opportunity for friendships, support, networking and training. For a list of support groups throughout Iowa, visit IFAPA's support group locator page:

www.ifapa.org/support/support_group_locator.asp

To view upcoming support group training topics, visit:
www.ifapa.org/training/support_group_trainings.asp



Give IFAPA Your Feedback!

Did you utilize any of IFAPA's services in July, August or September 2011? If yes, we want to hear from you. Every three months, IFAPA puts out a new quarterly satisfaction survey. In each survey, IFAPA is requesting your feedback on any trainings, support, publications, etc. that you received from IFAPA during the previous three month quarter (July, August & September 2011). We want to hear about services you have utilized and areas that you feel are in need of improvement.

Please Note: The results from this survey go directly to DHS and a final report is shared with IFAPA. In the survey, you will be asked what county you are from and the last survey question will ask for additional comments. **If you are making a comment about a specific staff person/worker, please be sure to include their name, or when referring to your area of your state please include your town/county. This survey is anonymous and each survey question is tallied separately, so we won't know what area you are from when your comments are reported to IFAPA.** If you want to speak with someone about your feedback, please be sure to include your name and contact information in the comments field in the survey.

This survey will close on Oct. 18th. To complete this survey, click on the following link:
<https://www.surveymonkey.com/s/Sep2011IFAPA>

OTHER HELPFUL RESOURCES FOR FOSTER & ADOPTIVE PARENTS

Iowa Department of Human Services

www.dhs.state.ia.us



Iowa KidsNet

www.iowakidsnet.com



AMP (Achieving Maximum Potential)

www.ampiowa.org

Iowa Aftercare Services Network

www.iowaaftercare.org



BOO!

DON'T MISS THESE TRAININGS NEAR YOU!

All of the following classes are free to all foster, adoptive and kinship parents with the exception of CPR and First Aid. To register for a class, call IFAPA at 800-277-8145 ext. 1 or register online at the following link: http://www.ifapa.org/training/training_registration_form.asp.

Beyond Consequences: A Love Based Approach to Helping Children with Severe Behaviors

Sat., Oct 8	9am-4:30pm	6 hours	Waterloo-Hawkeye College
Sat., Oct 22	9am-4:30pm	6 hours	Muscatine-Clarion Hotel

"Can You Hear Me Now?" - Learn How to Effectively Manage Behaviors in Your Home

Sat., Oct 8	1pm-4:15pm	3 hours	Clarinda-IWCC
Sat., Nov 5	1pm-4:15pm	3 hours	Cedar Rapids-Best Western LB
Sat., Nov 19	1pm-4:15pm	3 hours	Dubuque-Keystone AEA

CPR and First Aid (Registration deadline is one week prior to date of class)

Sat., Oct 15	8am-12:15pm	4 hours	Cedar Falls-To Be Announced
Sat., Oct 15	1:15pm-5:30pm	4 hours	Cedar Falls-To Be Announced
Sat., Nov 5	8am-12:15pm	4 hours	Ames-To Be Announced
Sat., Nov 5	1:15pm-5:30pm	4 hours	Ames-To Be Announced
Sat., Nov 5	12:00pm-4:15pm	4 hours	Davenport-To Be Announced
Sat., Nov 12	8am-12:15pm	4 hours	Sioux City-To Be Announced
Sat., Nov 12	1:15pm-5:30pm	4 hours	Sioux City-To Be Announced

Dangerous Playgrounds- Drug Awareness and Trends

Sat., Oct 15	9am-4:30pm	6 hours	Ames-Country Inn & Suites
Sat., Nov 19	9am-4:30pm	6 hours	Iowa City-Clarion Hotel
Sat., Dec 3	9am-4:30pm	6 hours	Mason City-NIACC

Decoding the Mystery of ADHD

Sat., Nov 19	9 am-12:15pm	3 hours	Council Bluffs-Country Inn
Sat., Dec 10	9 am-12:15pm	3 hours	Ankeny-IFAPA Training Center

Managing Your Child/Teen's Behavior: 7 Ways to Foster Love, Respect & Communication

Sat., Oct 22	9am-4:30pm	6 hours	Carroll-Carrollton Inn
Sat., Nov 5	9am-4:30pm	6 hours	Clinton-Oak Tree Inn
Sat., Dec 3	9am-4:30pm	6 hours	Ames-Ames Public Library

Mandatory Child Abuse Reporter Training

Sat., Oct 15	9am-12:15pm	3 hours	Cedar Falls-Country Inn/Suites
Sat., Oct 15	1:15pm-4:30pm	3 hours	Cedar Falls-Country Inn/Suites
Sat., Nov 5	9am-12:15pm	3 hours	Ames-Country Inn & Suites
Sat., Nov 5	1:15pm-4:30pm	3 hours	Ames-Country Inn & Suites
Sat., Nov 12	9am-12:15pm	3 hours	Sioux City-NW AEA
Sat., Nov 12	1:15pm-4:30pm	3 hours	Sioux City-NW AEA

Snakes, Snails and Puppy Dog Tails... (I'll Take the Snakes!): Raising Boys

Sat., Oct 8	9am-12:15pm	3 hours	Cedar Rapids-Best Western LB
Thurs. Oct 27	6pm-9:15pm <small>(Please note Thursday date)</small>	3 hours	Ankeny-IFAPA Training Center
Sat., Nov 12	9am-12:15pm	3 hours	Waterloo-Hawkeye College
Sat., Dec 3	9am-12:15pm	3 hours	Sioux City-NW AEA

Sugar, Spice & Everything Nice... (Ya, Right!): Raising Girls

Sat., Oct 8	1:30pm-4:45pm	3 hours	Cedar Rapids-Best Western LB
Thurs. Oct 20	6pm-9:15pm <small>(Please note Thursday date)</small>	3 hours	Ankeny-IFAPA Training Center
Sat., Nov 12	1:30pm-4:45pm	3 hours	Waterloo-Hawkeye College
Sat., Dec 3	1:30pm-4:45pm	3 hours	Sioux City-NW AEA

Transitioning Resources: A Toolbox for Transitioning

Sat., Oct 29	9am-4:30pm	6 hours	Sioux City-NW AEA
Sat., Nov 19	9am-4:30pm	6 hours	Ankeny-IFAPA Training Center
Sat., Dec 10	9am-4:30pm	6 hours	Cedar Rapids-Best Western LB

Trauma Informed Care (Social Worker CEUs Available)

Sat., Oct 15	9am-4:30pm	6 hours	Ottumwa-Great Prairie AEA
Sat., Oct 22	9am-4:30pm	6 hours	Ankeny-IFAPA Training Center

Working with Birth Families

Sat., Dec 10	9am-4:30pm	6 hours	Davenport-Clarion Hotel
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Worrywarts and How You Can Help Them: Understanding Anxiety Disorders in Children

Sat., Nov 19	1:30pm-4:45pm	3 hours	Council Bluffs-Country Inn
Sat., Dec 10	1:30pm-4:45pm	3 hours	Ankeny-IFAPA Training Center

TRAINING SPOTLIGHT:

Managing Your Child/Teen's Behavior: 7 Ways to Foster Love, Respect & Communication

(6 hrs credit) – Do communication and discipline with your child or teen seem to get harder and harder each year? This course will teach you how to get their attention and establish rules while discussing trust relative to responsibility. You will come away from this class with a clearer idea on how to use positive reinforcements for behaviors and how to establish appropriate consequences while building a stronger relationship with your child/teen.

Trainers: Dr. Warren Phillips & Dr. Joann Seeman-Smith

PLEASE KEEP IN MIND - With the exception of CPR, First Aid and Mandatory Reporter classes, foster parents CANNOT receive training credit for any class after October 2009 that they have previously attended and used for re-licensing.