

SEPTEMBER 20, 2016

THE CHILDREN YOU TAKE UNDER YOUR WINGS HAVE A LIFE LIVED ALREADY...

By Resmiye Oral, MD - IFAPA Fall Conference Presenter

To me foster parents are the best of human kind on earth. They not only open their hearts and homes and families to strangers, the children they take in along with their biological parents, most of the time, but also challenge themselves to deal with all the livedness of the lives of the children they embrace.

What do I mean by lived life in this context? Children in foster care obviously come to foster care because they have not been provided what they needed to be a child, to live like a child, care-free, spirited, in the moment. They come to foster care because pain of physical, emotional or sexual nature was inflicted on them. They come to foster care because of their parents' inability to parent, to provide, to protect, and to nurture. Thus, the children you open your lives to are traumatized children, majority of the time in multiple ways. Research shows us more and more that trauma affects children in different ways including behavioral health, physical health, mental health, social interactions. But, children also develop strengths through nurturing relationships with supportive people. A child that may come to your care may have had one or more supportive people or you may become the very first one to nurture him/her.

Consider that any child that comes into foster care may have a history of multiple trauma and many triggers that bring back memories of traumatic experiences. In the first weeks of their stay with you they may be submissive trying to see what is allowed in your care and what is not. When they start feeling safe, they may push boundaries and test the water for how far they may push you before you become violent against them just like others have been.

The best approach to this period is to be calm, consistent within appropriate boundaries with reasonable rules and expectations that are well communicated to the child, supportive and cognizant of good behavior with positive reinforcement and using punishment as little as possible. If you can get to learn the child's triggers and symptoms of melt-down as early as possible, you may interfere before an explosion and divert the child's reactions to more constructive responses, instilling self-control without explosive reactions.

Trauma sensitive responses to traumatized children may be the best gift you may give a child. This way, you may modify the child's brain wiring that uses emotional explosions as their main-go-to place to a more mindful, cognitive response system that uses the brain cortex, logic, and intelligence.

IFAPA'S FALL CONFERENCE

OCTOBER 28 & 29, 2016
MARRIOTT HOTEL - CORALVILLE

Introducing Fall Conference Presenter:

RESMIYE ORAL, MD



Friday Workshop:

A1 - HOW TRAUMA AFFECTS CHILDREN THAT COME INTO FOSTER CARE

Child abuse and neglect is one category of childhood adversity children experience along with household dysfunction. Trauma affects children's sense of safety, self-confidence, and independence, and changes brain architecture that leads to behavioral and emotional problems. With intervention and treatment for both the child and the parents, their life trajectory may change toward a more positive one. Let's approach children in foster care with a trauma informed approach. This will help us all in the long run!

(Also approved for Social Work CEUs)

LEARN MORE AT THE FOLLOWING LINKS:

[VIEW BROCHURE](#) [REGISTER ONLINE](#)

REGISTRATIONS DUE WEDNESDAY, OCT. 19

HOW TO PARENT A CHILD WITH

FOOD ISSUES?



3 GAME-CHANGING PERSPECTIVES

by Mike Berry, Confessions of an Adoptive Parent Blog

A common issue among children adopted or in foster care from traumatic places, is food hoarding or food issues. While it can be frustrating to deal with as a parent, there are some keys to handling it successfully.

A few years ago Oprah Winfrey interviewed Academy Award winning actor Sidney Poitier about his career and his life growing up. In a gripping moment, Oprah asked Mr. Poitier about being poor as a youngster. Often his family didn't have food and he would go hungry. "How did you work to overcome this as you became an adult?" she asked.

He opened his suit coat and pulled out a Snickers candy bar. "Oprah," he said, holding the candy before her. "This is a thousand dollar suit. I have 10 more just like it. I have enough money to never go hungry again. Yet I always have this in my pocket because deep inside of me I still worry I'll be hungry." The trauma of an experience, decades in the past, will always live with him, and haunt him. I began to think about my own children, and the places they've come from. As I wiped tears from my eyes, I realized the food issues that some of them dealt with back then, were not their fault.

It was trauma speaking. I was a deep-seeded belief they were going to starve. And that belief propelled them to grasp for an extra cracker, or a fist full of candy. It caused a desperate fight for survival.

To be frank with you, I was frustrated with their food issues. They frustrated me. Scratch that, they burned me up. [CONTINUE READING](#)



KNOW A KID WITH

TRUST ISSUES?

TRY "THE BABE RUTH METHOD"

From Josh Shipp aka "The Teen Whisperer". Josh is a former at-risk foster kid turned teen advocate.

[WATCH VIDEO](#)

UPCOMING CLASSES

COUNCIL BLUFFS

Sat., Oct. 1 (9am-12:15pm)

[Fostering Attachment Within Our Families to Build Connection, Effective Consequences & Restored Hope](#)

INDIANOLA

Sat., Oct. 8 (9am-12:15pm)

[Trauma in Children & Teens: What It Really Is & What Really Works](#)

INDIANOLA

Sat., Oct. 8 (1:15pm-4:30pm)

[Decoding the Mystery of ADHD](#)

DAVENPORT

Sat., Oct. 15 (9am-4:30pm)

[Foster Care Meets Mental Health: A Foster Parent Dilemma!](#)

[REGISTER FOR A CLASS](#)

BEHAVIOR ISSUES?

The Love and Logic weekly newsletter provides simple solutions and practical techniques to help parents with kids of all ages raise responsible kids and easily and immediately change their children's behavior. Visit the [LOVE AND LOGIC](#) website to sign up to receive free tips to help you strengthen your relationship with the kids in your life. The Love and Logic website also offers many [FREE ARTICLES](#) for parents with kids of all ages.

THE INCREDIBLE YEARS

SPONSORED BY POLK COUNTY C.A.N. PREVENTION COUNCIL

This program is designed for parents with children ages 2 to 8 and will teach parents to cope effectively with their child and strengthen their relationship. Foster parents are encouraged to invite birth parents to the training. This class is approved for six hours of foster parent credit. Childcare is available.

EVERY TUESDAY FROM 6PM-7:30PM

October 4 - November 8, 2016

DES MOINES - UnityPoint Health

[VIEW FLYER](#)