

The Weekly Word



APRIL 24, 2018



5 Kid-Friendly
Yoga Poses To
Help Your Child
Avoid A Meltdown

H

"Don't You
DARE Say
That!"



By Mariam Gates

Maybe it's a refusal to put on a hat, maybe it's wanting to get out of the car, or not get out of the car — whatever the trigger (and it can be anything, can't it?) we all know the moment when our child is careening toward a full-on meltdown.

And at that point, the difficulty in processing whatever has happened has moved from a mental reaction to a physical one. The overwhelming feelings that the child is experiencing are now manifesting as physical sensations and stress. Therefore, addressing these physical reactions in the body with some yoga is a great place to start!

Here are [FIVE KID-FRIENDLY YOGA POSES](#) to utilize in those seemingly impossible moments.

EACH DAY OF OUR LIVES
WE MAKE DEPOSITS IN
THE MEMORY BANKS OF
OUR CHILDREN.

- Charles R. Swindoll

By Deborah A Novo

I love my dog. She is an 11 year old, white Schnauzer who exudes such love. My husband and I had just returned from our usual, evening walk with Sadie. We were standing in the kitchen, laughing and drinking iced tea when a storm came upon us.

"Why don't you pick up your ***** cell phones, our 19 year old son screams as his hulking six foot frame charges through the door. I looked at him and did a quick assessment ruling out issues with breathing and bleeding. I calmly asked what was wrong.

"If you picked up your ***** cell phone you would know, " he says. He continued with, "why do you even have a *****cell phone if you are not going to answer when I call." In a firm voice, I ask , "are you having an emergency?" His answer does not match the magnitude of the uproar he is creating. "My car is making a weird noise again, and you are never there when I need you and you people abandoned me", he yells. [CONTINUE READING](#)

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Expanded Medicaid for Independent Young Adults

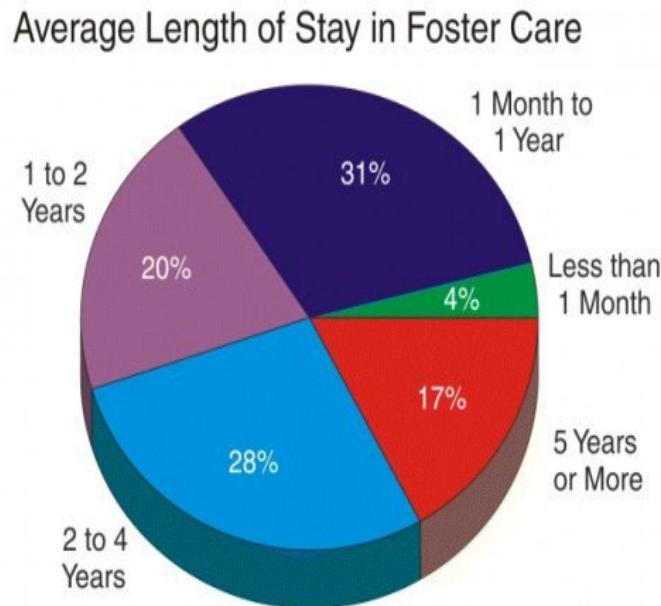
The purpose of Expanded Medicaid for Independent Young Adults (E-MIYA) program is to provide continued health coverage to young adults transitioning from foster care to adulthood.

E-MIYA currently provides Medicaid coverage to eligible youth who are:

- Living in Iowa,
- Under age 26,
- Who were in an Iowa foster care placement and receiving Iowa Medicaid when they turned age 18.

Youth covered under the E-MIYA program receive physical, dental, and mental health coverage. Youth covered by the E-MIYA program receive covered services through existing Medicaid provider networks. For this program annual eligibility determination is required. If you are exiting foster care, your case manager will assist ensuring your health care coverage continues. If you find you do not have coverage, you may apply via an application on the DHS website. [APPLY HERE](#)

Foster Care Statistics in the USA



Source: Adoption and Foster Care Analysis and Reporting System, interim FY 2000 data.

Are You a Mom with ADHD, Raising a Child with ADHD?

When adults with ADHD are also parents to children with ADHD, keeping the family organized can be especially challenging. Use these tips to set up systems to organize your household, discipline your children, support your kids in school, and just keep things under control.

How Can You Organize the Household?

Write everything down. Anything that might be forgotten or overlooked by any member of the family — phone messages, to-do lists, appointments — should be written down. Adults with ADHD should keep paper and pen next every phone in the house and date every entry to stay on top of things.

Maintain a family schedule. Get a large wall calendar, and post it for all to see with color-coding for each family member. If they're old enough, kids should post their own appointments, due dates, etc. The more involved they are in the scheduling process, the more likely they'll be to stay on track.

Create a morning ritual. Set up a routine so kids know exactly what to do each morning: put on clothes, eat breakfast brush teeth, and so on. If your child has trouble remembering your get-out-the-door-smoothly routine, create a poster that shows what to do in order. If your child takes medication, consider waking him up to give it to him a half an hour before he really needs to get up.

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The Difference
Between
Tantrums And
Sensory Meltdowns



By Amanda Morin

Many people think the words "tantrum" and "meltdown" mean the same thing. And they can look very similar when you see a child in the middle of having one. But for kids who have sensory processing issues or who lack self-control, a meltdown is very different from a tantrum. Knowing the differences can help you learn how to respond in a way that better supports your child.

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