

APRIL 11, 2017

## COULD YOUR FAMILY BENEFIT FROM THE CHILDREN AT HOME PROGRAM?

The Children at Home program is designed to assist you and your family in securing the services and supports that you identify as necessary in helping your child remain at home. An underlying principle of the Children at Home program is that you and your family retain control of decisions which affect your child and family. Financial assistance is intended to enable you to obtain those services and supports which are not met by other programs.

This program is designed to assist families raising a child with a disability in obtaining needed services and supports. The family's intent must be to secure services and support that enable their child to remain in the family home.

The application process is easy and it covers the entire state. The criteria are:

- Family must reside in the state of Iowa
- Must have a disability (MH diagnosis works)
- Must have a net taxable income less than \$60,000

**The family gets up to \$2000 per year to spend towards a variety of things.** The list below contains examples of some of the things covered by this program:

- **Equipment** - Adaptive, therapeutic, functional, technology
- **Therapy** - Water, Equine, Music, OT/PT/Speech not covered by Medicaid
- **Camps and Classes**
- **Parent/caregiver education** - conference attendance, caregiver classes
- **Personal Care** - Soaps, Household cleaners
- **Respite/ Adaptive Childcare** - Can use a respite provider that you already have in place
- **Medical related expenses**
- **Transportation/Travel** - hotel, mileage reimbursement
- **Nutrition** - Milk/Vitamin Supplements, High Protein

**If you have questions about this program, please call 888-425-4371.**

[VIEW APPLICATION PROCESS](#)

While adoption does not undo the past, adopting a child, and more specifically an older child, gives an adoptive family the privilege of writing the parts of the child's story that have not yet been written.

*Caitlin Snyder*

## PREPARING YOUR TEEN FOR A SECURE JOURNEY TO ADULTHOOD

IFAPA is offering four upcoming events for youth (age 14+) and foster parents. These events are free and have been approved for foster parent credit. A meal will be served and giveaways for teens will be provided.

### BETTENDORF

Sat., April 22 (9am-4:30pm)

[SEE FLYER](#)

### ANKENY

Sat., April 29 (9am-4:30pm)

[SEE FLYER](#)

### COUNCIL BLUFFS

Thurs., June 8 (5pm-8pm)

[SEE FLYER](#)

### BLOOMFIELD

Sat., June 24 (9am-4:30pm)

[SEE FLYER](#)

# DISCONNECTED PARENTING AND OTHER TBRI MISADVENTURES

*By Herding Chickens and Other Adventures in Foster and Adoptive Care*

She's screaming at the top of her lungs right now. Deep, guttural, animal cries that are meant to be heard by everyone in the vicinity. When I approach my daughter, she screams at me that I never allow her to get her anger out. I am bottling up all of her emotions. Sigh. I'm too tired to name the feeling and ask her what she needs. I'm too tired to give her choices or a compromise. Instead, I say, "Well in that case, carry on."

Meanwhile, Carl is carrying on in his room. It's so unfair. How dare I separate them when they are fist fighting? How dare I enforce limits on him when he attempts to physically intimidate me? How dare I suggest that there is a better way to treat women than attempting to scare them and dominate them? What gives me the right? He needs a chance to think it over. Normally he would do this near me with a "time-in. I just cannot, so he is yelling, "If daddy were here he'd see things differently!" from his room.

Daddy isn't here. Right now I think they are just being kids. All kids occasionally misbehave. I'm the one who needs to think it over and try again. It is my responsibility to help them regulate. It's my job to teach them respectful behaviors. I should be helping them practice using kind words to express their feelings. But I'm on my own today and worn out.

Our kids are learning about how to have relationships like other kids learn how to play a sport. Practice, practice, practice. With that said, daddy would be having none of this. Despite Carl's view about how to treat women, my husband does not feel the same. Our children were adopted at an older age. They spent more time in their biological home where other viewpoints were the norm. We are trying to undo that model of thinking and replace it with positive behaviors. I can only hope someday that Carl will follow Luke into the land where men are respectful, kind, and not scary. We certainly role-model and practice these skills with him.

I'm making an attempt at being a connected, loving parent. It's called TBRI or "Trust Based Relational Intervention." But all I've succeeded in so far is putting on headphones with soothing music. And, yeah, we are all "taking space." We all need some time apart. Even me. All of the time-ins in the world were not helping today. At this point we are all on edge. [CONTINUE READING](#)



## 15 WAYS TO TEACH Mindfulness

TO KIDS

*By Marilyn Vinch*

Part of living a full life is to truly experience the world around us and within us. For many who practice yoga, the concept of mindfulness is familiar and well-practiced. But if we keep our mindful techniques to ourselves, we aren't sharing an important tool of living a full and happy life.

And who else could greatly benefit from practicing mindfulness? Our children.

Teaching our children to experience, question and value the world around them not only adds to their childhood, but helps to build inquisitive and insightful adults. Children are naturally curious and uninhibited and those traits can be quite powerful, especially when focused on and expanded upon.

**Studies have shown that children who practice mindfulness will experience better moods and a higher self-esteem. They may perform better academically and have improved social skills, like the ability to navigate and peacefully resolve conflicts. Mindfulness is also considered an effective tool to deal with anxiety and aggression.**

It's not difficult to teach our children mindfulness techniques. Naturally, they may become impatient or not understand why mindfulness is important, but there's no rush. Here are 15 ways to introduce mindfulness to kids. [VIEW THE LIST](#)