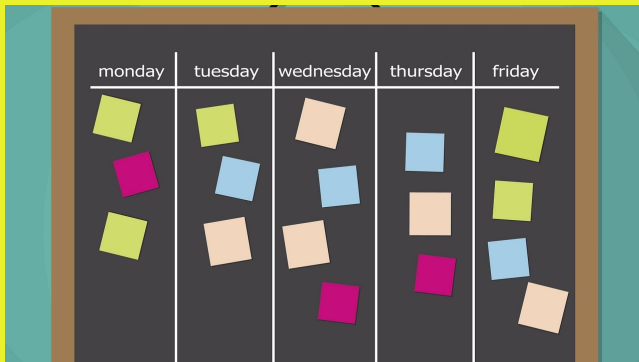# The Weekly Word

AUGUST 14, 2018

The Secret to No-Nag, Never-Late Mornings

Article by Susan Kruger, M.Ed. (ADDitude Magazine)

Learn from this mom, who invented a morning routine with this beautiful result: "My morning nagging immediately decreased by 80 to 90 percent. Both of my kids instantly understood the process. Some mornings, they need more prodding… But, overall, our mornings are far less tiring."

Getting my two children with ADHD up, dressed, and out the door every morning is a major accomplishment, as I'm sure it is in your house. Or should I say, an ordeal? I used to leave the house exhausted, feeling like I just completed a marathon. I felt like someone should be standing in my driveway, handing me a trophy.

These days, my mornings are less exhausting and more peaceful, thanks to a system I developed. After one particularly rough morning, a couple of months ago, I drove to school realizing I had used more energy in 90 minutes than I would expend during the rest of the day.

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UPCOMING IFAPA TRAININGS AVAILABLE

Date	Training	Duration	Location
Saturday, August 25, 2018 (9am-12:15pm)	Why Don't Friends Come With Instruction Manuals (Summer Brunscheen, PhD)	3 hours	**Ankeny** IFAPA Training Cntr 6864 NE 14th St, Suite 5
Saturday, August 25, 2018 (1:15-4:30 pm)	It's All Greek to Me - Learning Disorders Summer Brunscheen, PhD	3 hours	**Ankeny** IFAPA Training Ctr 6864 NE 14th St Suite 5
Saturday, Sept 29, 2018 (9am-12:15pm)	"Don't Worry About It!" - Anxiety, Panic, and OCD: What's really going on (Matthew Hiveley, Ph.D.)	3 hours	**Ankeny** IFAPA Training Cntr 6864 NE 14th St, Suite 5
Saturday, Sept 29, 2018 (1:15 - 4:30 pm)	"Don't Worry About It!" - Anxiety, Panic, and OCD: What you can do (Matthew Hiveley, Ph.D.)	3 hours	**Ankeny** IFAPA Training Ctr 6864 NE 14th St , Suite 5
Saturday, October 6, 2018 (9am-12:15pm)	Parenting the Willful Child (Joann Seeman Smith, PhD)	3 hours	**Ankeny** IFAPA Training Cntr 6864 NE 14th St Suite 5
Saturday, October 6, 2018 (1:15-4:30 pm)	Grrr...I'm Just So Mad..Helping Young Children Deal With Anger (Joann Seeman Smith, PhD)	3 hours	**Ankeny** IFAPA Training Ctr 6864 NE 14th St , Suite 5

Back to School Tips for The Traumatized Child: Managing Trauma Reactions in Educational Settings

The leaves are changing colors and falling off the trees, harvest is winding down, days are getting shorter. Fall is here, whether it's official or not. Which means, school is back in session. For many of the kids at Secret Harbor, a new school year can mean a new set of anxieties and issues. The normal struggles of getting new school clothes and supplies, getting a new class schedule, and getting settled into a routine, create additional stress to the traumatized adolescent brain. It's imperative that teachers and caregivers come equipped to help kids succeed in school, and avoid problem behaviors. So anyone who cares about kids who have been through trauma should inform themselves on what trauma reactions look like, and how to avoid the extreme behaviors associated with them. Here are some basics in helping traumatized kids succeed at home, and in school.

Recognizing Trauma Reactions
Past trauma can exhibit itself in a wide variety of ways depending on the person. Age, gender, and an onslaught of other variables can impact how kids show their trauma. Some get quiet and try to make themselves invisible, while others are explosive, and have extreme attention-seeking behavior. It's up to a mental health professional to diagnose Post Traumatic Stress Syndrome, but there are some telltale behaviors associated with trauma in young people that you can look out for. Anxiety- unreasonable and unrelenting fear of the unknown, angry and/or aggressive behavior, irritability, drastic change in personality/behavior/academic performance, easily scared, and issues around eating and sleeping are all behaviors that can all be associated with past trauma.

Work to Learn, Identify and Help Manage Triggers
Once you've learned to identify what trauma looks like in kids, the next step to managing trauma reactions is identifying "triggers". A trigger is anything that may remind a child of their trauma. Anything can serve as a terrifying reminder of something awful that's happened- a smell, a familiar name, or an anniversary of a loved one's death. Researching a child's background and history, and paying attention to patterns can help you find out what seems to be setting them off. Maybe the holidays are hard for a child because their loved one passed away around Christmas time. Or perhaps a certain smell brings back memories of abuse. Finding out what these triggers are, and how you can avoid them is crucial to helping manage behavior. Once the triggers have been identified, it's also helpful to find some calming activities, phrases, or conversation starters that can help lighten the mood, and de-escalate crisis. Anything a child enjoys is great material for a calming tactic.   Click Here to Read More

UPCOMING CHANGE IN DHS SUBSIDY STATEMENTS

"Beginning with September foster family care and adoption subsidy payments families will only receive one statement, rather than two. Information from both statements is being combined into one. It will have each payment and the type of payment listed for each child. The child will be identified by their state id number. This change is being made to eliminate redundancy and to save mailing one of the statements."

FREE BOOK TO SHARE WITH TEACHERS!!

IFAPA developed the booklet, *Educators Making a Difference for Students - Adoption, Foster Care and Kinship Care in the School Setting*, to provide educators with information about issues that impact children and youth in out-of-home care and the effect those issues might have on classroom learning. **To receive a free copy (or multiple copies) of this booklet,** email your name and address to IFAPA at ifapa@ifapa.org.

FOR MORE SCHOOL RESOURCES FOR YOU, YOUR CHILDREN AND YOUR CHILDREN'S TEACHERS: VIEW IFAPA'S BACK-TO-SCHOOL NEWSLETTER