

AUGUST 15, 2017

## LAST CHANCE TO ORDER YOUR TICKETS!



Wednesday, August 16th is the deadline to order tickets!  
IFAPA's Adventureland Day is held on Saturday, August 19th  
for Iowa's Foster, Adoptive & Kinship Families!

[ORDER TICKETS ONLINE](#)

### We've Extended the Deadline to August 16th!

### *Inspirational quotes about children*

Here are some inspirational quotes to help us all remember the important roles that all parents (foster, adoptive, biological & kinship) have on our children and their futures...

- ♥ ***I've learned that people will forget what you said and what you did, but people will never forget how you made them feel.*** - Maya Angelou
- ♥ ***If you want your children to improve, let them overhear the nice things you say about them to others.*** - Haim Ginott
- ♥ ***Children are great imitators. So give them something great to imitate.*** - Anonymous
- ♥ ***The best inheritance a parent can give to his children is a few minutes of their time each day.*** - M. Grundler
- ♥ ***Children are likely to live up to what you believe of them.*** - Lady Bird Johnson
- ♥ ***Children will not remember you for the material things you provided, but for the feeling that you cherished them.*** - Richard L. Evans

### *10 Ways Teachers Can Help Students in Foster Care*

For eight hours a day or more, and for five days a week for much of a calendar year, a foster child will spend his time in school. Indeed, children in foster care will most likely spend more of their time each day with teachers than they will with their foster parents. Many children foster children would rather be any place else other than in school; as it is a constant reminder that they are just that, a foster child. Yet, teachers and school employees have the opportunity to help foster children in a unique and positive manner. Here are the top 10 things every teacher should understand about children in foster care.

#### 1. School is the Last Place the Child Wants to Attend

Many teachers expect good grades and school performance to be a priority in the lives of the majority of their students. Yet, for children in foster care, school is not a priority, and is not a focus. Instead, the main focus and priority for many of student who are placed into foster homes is that of survival; survival from moving from home to home, survival from the abuse and neglect they may have faced in their lives, survival from living apart from their other family members, and survival from moving from school to school.

#### 2. There will be Issues of Trust

Foster children often have difficulty with trust issues when it comes to adults, as well as building a healthy relationship with and adult figure. Thus, the relationships between teachers and foster children are quite often unhealthy ones. Therefore, it is important to keep in mind that the foster child may have experienced harsh words, yelling, and abuse from the hands of adults.

#### 3. Learn The Child's Background

Teachers, as well as school counselors, do not often have the background information they might need when having a foster child under their supervision.

[Click here to read more](#)

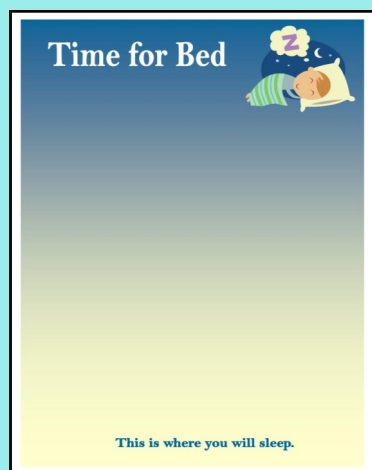
## SEPTEMBER TRAININGS AVAILABLE:

Saturday Sept. 23rd 9am- 12:15pm	<a href="#"><u>Everything You Always Wanted to Know About Foster Care</u></a>	3 hours	Ankeny IFAPA Training Center
Saturday Sept. 23rd 1:15—4:30 pm	<a href="#"><u>The Good Enough Parent: Promoting Mental Health in Young Children</u></a>	3 hours	Ankeny IFAPA Training Center
Saturday Sept. 23rd 9am- 12:15pm	<a href="#"><u>Parenting the Willful Child</u></a>	3 hours	Cedar Falls Hawkeye CC
Saturday Sept. 23rd 1:15—4:30 pm	<a href="#"><u>The Magic of Healing The Brain and Fostering a Secure Attachment</u></a>	3 hours	Cedar Falls Hawkeye CC
Saturday Sept. 30th 9am- 12:15pm	<a href="#"><u>Worrywarts...Understanding Anxiety Disorders in Children and Teens</u></a>	3 hours	Council Bluffs TBD
Saturday Sept. 30th 1:15—4:30 pm	<a href="#"><u>I Won't Do It and You Can't Make Me: ODD in Children and Teens</u></a>	3 hours	Council Bluffs TBD

[Click Here to Register for one of these trainings:](#)

### Do you have a new foster/adoptive child that will be placed in your home soon?

A Welcome Book is a tool intended to help a child transition to a new home, whether they are being placed in a new foster home or with an adoptive family they have not met. Welcome Books are helpful for children of all ages and can be sent to the child to read and review prior to placement. Welcome Books help the child learn more about the family they are going to be placed with and what their surroundings will look like. This will help ease a child's fears and help with their transition. IFAPA created these FREE pages to help families make their own book.



### [VIEW WELCOME BOOK PAGES](#)

## WEBSITE SPOTLIGHT— [www.adoptiionnutrition.org](http://www.adoptiionnutrition.org)

# Adoption Nutrition

the go-to nutrition & feeding resource for adoptive & foster families

### [What Every Parent Needs to Know](#)

While foster and adopted children may appear healthy on the outside, they may very well be deficient in key nutrients that could impact future growth and brain development.

### [Pre-Adoption Prep](#)

- Stages of feeding for infants
- Learning your child's native diet
- Breastfeeding the adopted child
- Understanding food allergies and intolerances
- All about formula and milk
- Nutrition packing list

### [Feeding the First Year Home](#)

- The Golden Rule of Feeding
- The Transition Diet
- Weaning From Formula
- Supplementing the Diet
- Common Feeding Challenges

### [Feeding Challenges and Tips](#)

- Children Who Have Difficulty Eating
- Children Who Don't Want to Eat
- Children Who Hoard Food
- Children Who Are Slow to Grow

### [Nutrition Basics by Country](#)

It is also important to understand previous eating practices and potential nutritional issues that are common in the child's country of origin.

### [Special Needs](#)

Children with special needs adopted both internationally and from the U.S. foster care system are particularly at risk for malnutrition and poor growth.

- Down Syndrome
- Cerebral Palsy
- Cleft Lip and Palate
- Congenital Heart Disease
- Fetal Alcohol Syndrome
- Low Birth Weight (LBW)
- Severe Malnourishment

### Healing From Food Insecurity: Beyond the Stash

When children are not fed reliably, do not get enough food, or have to compete for enough, they become anxious. When food-insecure children do have access to food, they often don't trust that it is coming again in adequate amounts.

[Click here to read this article](#) by NACAC.org