

FEBRUARY 6, 2018

How to Avoid Sibling Conflict in Your Family

The first step in avoiding sibling conflict is to identify what triggers the conflicts between the children. If you can identify the losses each child is experiencing, you are likely to get a better handle on the triggers to conflict, since they are often related.

As parents, it's our role to help them find other ways to deal with their grief. A few examples of ways to help children gain their self esteem and work through past losses include:

- *Give children their own safe place.* We all need our own place to be able to escape to within the house to process through their feelings and a place to keep special things such as a life book, photographs, or a special gift from their birth family. This is especially important if your children have shared bedrooms and may not feel as though they have a place of their own.
- *Enhance positive interactions with all of your children by planning family activities.* Look for activities or games where everyone "wins" if they work together. You may also want to work on a puzzle as a family or grow a garden, something that everyone can work on together and accomplish as a family.
- *Encourage each of your children child to develop his or her own interests.* This will help because your children won't be compared to their siblings. It will also help in building your children's self esteem by honoring their individual choices and talents.
- *Allow one-on-one time for each of your children.* Try to have a guideline that during each child's one-on-one time, he or she can talk to you privately about any issue. Feeling as though they are understood may help them feel a little better and reassure their importance within the family. One-on-one time also offers your child the opportunity to bond with you, which every relationship needs.

These are a few suggestions of ways to decrease the amount of sibling conflict in your family. Although these tips may help in avoiding conflict between your children, there will always be some conflict. The goal is to decrease the amount of conflicts that arise.

Helping Kids Cope With Cliques



Your 10-year-old daughter comes home crying because the girls she's been friends with are suddenly leaving her out and spreading rumors about her. You're unsure how to help her and didn't think it would happen to your child. Read this helpful article from KidsHealth.org on helping your child cope with cliques. <http://kidshealth.org/parent/positive/talk/cliques.html>

Fostering a Child with an IEP

Many children who are in foster care experience difficulties in school. Traumatized by the abuse and neglect which brought about their placement in foster care, along with the trauma of being removed from their families, most of these children have difficulty directing their attention and energies to learning in school.

In addition, frequent transfers from school to school may add further strain to the burden some children carry. Handling the emotional and developmental problems which are part of their young lives does not make school a primary focus for many of these children. These vulnerable children require special educational provisions for many of them to progress in school.

By law, children have a right to special educational services from the ages of three years old up to 21 years old or not yet graduated from high school if they are affected by disabilities based on emotional, learning, or physical disabilities. These disabilities are categorized as:

- Autism
- Cognitive Disabilities (CD)
- Emotional Behavioral Disability (EBD)
- Hearing Impairments (HI)
- Speech and Language impairments (SL)
- Other Health Impairments (OHI)

To Read More [Click Here](#)

Fostering Older Youth

"I need hope that things will be better."

Hope is something that older youth in foster care are looking for, and foster parents play a huge role in providing that hope. In fact, that's one of the most rewarding aspects of fostering teens and older youth.

People are often intimidated by the idea of fostering teens and older youth. Those years, after all, are the years of raging hormones! However, as one foster mom who enjoys fostering older youth put it, "Teenagers come home and close the door. They're a lot more independent!"

Sometimes people think, "why does it matter, that youth is almost a legal adult?" While it's true that these youth will be 18 shortly, think back to the years just before you became an adult. You probably still relied on your parents for a lot emotionally, and they helped you move forward with advice and support.

One advantage of fostering older youth is that they tend to make transitions more easily. Younger children have a much harder time processing what is going on. Older youth may still struggle with feelings of rejection and abandonment, but many are able to understand what is happening and why, meaning that they may not act out in ways younger children might. With no worries about potty training or nap times, older foster children can jump into family activities such as camping, walks, and sports outings. Foster parents have also found it helpful that, many times, older children know their history and can help tell that story if any special needs come up.

The truth is everybody needs somebody, especially older youth in foster care.

"So here are some reasons to take in foster teens:

- You may become the only family they have.
- You may be able to make that hard time a little easier.
- You may be able to show them what a real home is supposed to be like.
- You may be able to teach them how not to run when they get scared.
- You may be able to show them what is important in life.
- You may be the only person they will ever be able to trust.
- You may be able to talk them into listening to that counselor they hate so that they don't end up like their parents.

Or just maybe you can show them that someone out there will love them for just being them!"

Free Booklet from IFAPA!

Transracial Parenting in Foster Care & Adoption - Strengthening Your Bicultural Family

This guidebook was created to help parents and children in transracial homes learn how to thrive in and celebrate their bicultural family; and for children to gain a strong sense of racial identity and cultural connections. This booklet contains information on:

- What it means to be a transracial family
- The history of transracial families
- A transracially-adopted child's bill of rights
- A transracial parenting pledge
- General parenting tasks for transracial parents
- How to connect your child to their culture
- Personal experiences from adult transracial adoptees
- Racism & discrimination - fostering racial coping skills
- Answering tough questions
- Skin & hair care
- Cultural resources (books, videos, toys and organizations, etc)

To request a free copy (or multiple copies) of this booklet, please e-mail ifapa@ifapa.org.

More Cultural Resources

Visit the IFAPA website to find additional African American resources, along with Asian, Latino and Native American resources. Visit IFAPA's Cultural Resources webpage at:

<http://www.ifapa.org/resources/online-resources-for-parents.asp>

February 16-17, 2018

SAVE THE DATE

For information, contact :: Holly Dommer, hdommer@ahfa.org



2017 Spring Conference

Friday, Feb. 16 & Saturday, Feb. 17, 2018

Indian Hills Community College
525 Grandview Ave, Ottumwa, IA

Schedule

Friday @ 7PM ::

Saturday @ 8AM ::

Saturday @ 8:45AM-4PM ::

Saturday @ 4-10PM ::

Activities begin

Registration opens

Conference sessions

Evening activities