

FEBRUARY 14, 2017

IFAPA'S

## SPRING Conference

APRIL 7 & 8, 2017

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### Friday Workshops

- A1** In Touch Parenting: Foster Parents as Mind-Readers
- A2** Foster Families as a Life Raft: Understanding ACEs & Helping Children Stay Afloat
- A3** Resilient Family Caregivers: Building on the Unique Strengths and Challenges of Kinship Connections
- A4** It is a Matter of Justice: Strategies for Working with Children with Fetal Alcohol Spectrum Disorders
- A5** Sensory Processing Activities for Parents, Caregivers, and Education Providers

- B1** Fostering Changes: Understanding & Addressing the Eight Most Common Behavior Problems in Foster & Kinship Children & Youth
- B2** Celebrating the Challenge: Partnering with Birth Parents (*C2 is a repeat*)
- B3** Cultivating Opportunities for Regulation in Children with Trauma and Attachment Concerns
- B4** It is a Matter of Justice... (*A4 is a repeat*)
- B5** Trauma and Race

- C1** Eating and Food-Related Problems of Foster and Adopted Children
- C2** Celebrating the Challenge: Partnering with Birth Parents (*B2 is a repeat*)
- C3** Repair Parenting for Attachment and Trauma
- C4** Building Resilience: Understanding the Impact of Domestic Violence on Children
- C5** Crisis Intervention and Communication Skills

### Saturday Workshops

- D1** Talk Saves Lives (Suicide Prevention)
- D2** Meeting the Needs of Foster Youth In & Out of Court
- D3** Understanding LGBTQ Youth: Concepts, Terminology, and Disparities
- D4** Strengthening the Parent-Child Relationship in Children with Developmental Trauma (*E4 is a repeat*)
- D5** No More Secrets: Understanding Child Sexual Abuse

- E1** Changing Language, Changing Perception, Changing Stigmas Around Mental Health
- E2** A Hard Pill to Swallow - Psychotropic Medication for Foster Parents (Part 1 of 2)
- E3** Welcoming LGBTQ Youth into Your Home
- E4** Strengthening the Parent-Child Relationship...
- E5** CPR and First Aid (Part 1 of 2)

- F1** Fostering Attachment, Hope and Restorative Justice through Trauma-Informed Consequences
- F2** A Hard Pill to Swallow - Psychotropic Medication for Foster Parents (Part 2 of 2)
- F3** Opioids: From Ancient China to Modern Pain Medicine
- F4** Basic Ethnic Hair and Skin Care
- F5** CPR and First Aid (Part 2 of 2)

REGISTRATION DEADLINE IS FRIDAY, MARCH 24

**LEARN MORE ABOUT THE CONFERENCE**

# HOW PLAYING MUSIC BENEFITS OUR BRAIN MORE THAN ANY OTHER ACTIVITY



**“PLAYING MUSIC IS THE BRAIN’S  
EQUIVALENT OF A FULL-BODY WORKOUT.”**

*By Maria Popova*

“Each note rubs the others just right, and the instrument shivers with delight. The feeling is unmistakable, intoxicating,” musician Glenn Kurtz wrote in his sublime meditation on the pleasures of practicing, adding: “My attention warms and sharpens... Making music changes my body.” Kurtz’s experience, it turns out, is more than mere lyricism — music does change the body’s most important organ, and changes it more profoundly than any other intellectual, creative, or physical endeavor.

This [short animation from TED-Ed](#), written by Anita Collins and animated by Sharon Colman Graham, explains why playing music benefits the brain more than any other activity, how it impacts executive function and memory, and what it reveals about the role of the same neural structure implicated in explaining Leonardo da Vinci’s genius.

Playing music is the brain’s equivalent of a full-body workout... Playing an instrument engages practically every area of the brain at once — especially the visual, auditory, and motor cortices. And, as in any other workout, disciplined, structured practice in playing music strengthens those brain functions, allowing us to apply that strength to other activities... Playing music has been found to increase the volume and activity in the brain’s corpus callosum — the bridge between the two hemispheres — allowing messages to get across the brain faster and through more diverse routes. This may allow musicians to solve problems more effectively and creatively, in both academic and social settings.

**[CONTINUE READING](#)**

## **‘I KNOW THEY ARE GOING TO DIE.’**

### ***Foster Father Takes in Only Terminally Ill Children***

*By Hailey Branson-Potts*

The children were going to die. Mohamed Bzeek knew that. But in his more than two decades as a foster father, he took them in anyway — the sickest of the sick in Los Angeles County’s sprawling foster care system.

He has buried about 10 children. Some died in his arms.

Now, Bzeek spends long days and sleepless nights caring for a bedridden 6-year-old foster girl with a rare brain defect. She’s blind and deaf. She has daily seizures. Her arms and legs are paralyzed.

**[CONTINUE READING](#)**

### **A Pediatrician Just Laid Out How to Protect Your Child From Sexual Abuse... And She’s Begging You to Listen**

*By Jenny Rapson*

Recently, a good friend of mine shared a Facebook post by one of her friends, who happens to be a pediatrician. The post was on something that should be of interest to ALL parents: child sexual abuse; specifically, when it happens, where it happens, and WHO victimizes our kids and how to talk to your kids about it and PREVENT it.

**[CONTINUE READING](#)**

## **THE SOCIAL MEDIA AGE**

**MORE SUICIDES, VIOLENT ACTS STREAMED LIVE**

*By Laura French, Forensic Magazine*

**[VIEW ARTICLE](#)**