

JANUARY 31, 2017

## ALL BEHAVIOR THAT IS NOT LOVING AND RESPECTFUL IS A CRY FOR HELP

By Patricia Clason

There are several very important lessons I learned in my work in helping people through my personal and professional development programs and my own parenting that help me in ALL of my relationships.

**Lesson #1 – A child is born innocent and loving, without intention for harm.** The corollary to that is when they “act out” or misbehave, it means they have a need that is not being met and they know no other way to get it met (get your attention, be seen and heard, etc). As an infant, they make sound – crying or just sounds – to attempt to get a caregiver’s attention.

As they get older, they add other skills – talking, touching, etc. It helps me to remember that what is not kind and gentle is the child essentially saying – I have a need that I must meet, it’s critical to me, maybe even survival level, and I need your help. Where are you? Please help me?

**Lesson #2 – If they had the skills to communicate the need differently, they would do so.** And that sometimes, if the fear is great, it over-rides the skills they do have and they just do whatever they feel they need to do to survive in that moment. [CONTINUE READING](#)

## WHEN YOU AND YOUR CHILD NEED SOME FIRST AID FAST

Source: Dr Laura Markham

All parents have hard days sometimes. Maybe we find ourselves in an escalating cycle with our child, where we see everything she does through a negative lens. Maybe we have an interaction with him that leaves wounds. How can we recover our patience, repair the relationship, and move back into a positive cycle? Here are five steps you can take that will really help. You’ll see big changes within a few days.

### 1. CALM YOURSELF DOWN.

The first step is to get past your own upset. When you’re hurt, or scared, you naturally want to lash out. But your child is not the enemy, no matter what she did. So the first step is to calm yourself down before you talk to your child. Try deep breathing, holding yourself with compassion, letting yourself feel those tears and fears. But the minute you veer into blame or anger, rein yourself in. Stay away from the story about why your child is wrong and you’re right. Instead, just feel whatever pain you feel at the moment, and love yourself through it. Those feelings will begin to evaporate, and you won’t need the anger. Now you can start to choose love.

[CONTINUE READING](#)

## SPRING CONFERENCE

For foster, adoptive and kinship parents and workers

SAVE THESE DATES...APRIL 7 & 8, 2017  
AIRPORT HOLIDAY INN, DES MOINES



# IFAPA TRAININGS

## CEDAR FALLS

SATURDAY, FEBRUARY 18 (9AM-4:30PM)

### MANAGING THE SHORT AND LONG-TERM EFFECTS OF SEXUAL ABUSE

Child sexual abuse produces both short and long-term effects on survivors. This workshop will describe techniques and strategies that promote the healthy growth and development of children who have been sexually abused and then placed in foster care.

*Trainer: Heather Craig-Oldsen, MSW, CSW*

## WEST BURLINGTON

SATURDAY, FEBRUARY 25 (9AM-4:30PM)

### WHAT ARE YOU TRYING TO TELL ME? RESPONDING EFFECTIVELY TO TROUBLING BEHAVIORS

Youth who have experienced the traumas of neglect and abuse often demonstrate one or more behaviors that can compromise the safety and serenity of our home environments, and jeopardize the safety of the youth themselves. We will learn about and practice "trauma informed consequences," that not only address the superficial behaviors, but help us and the youth "decode" what is being communicated through their behavior, and develop healthy productive ways to identify and meet their needs. *Trainers: Lois Smidt & Krista McCalley*

## SIoux CITY

SATURDAY, MARCH 18 (9AM-4:30PM)

### TIME TO CONNECT: TRANSITIONING FROM TRADITIONAL PARENTING TO CONNECTED PARENTING

In this training we will begin the shift from traditional parenting to connected parenting by learning the life changing ways of Trust Based Relational Interventions (TBRI). Darcie will introduce you to the three principles of TBRI - empowering, connecting, and correcting. TBRI will give you the tools you need to create a healing environment for your child. *Trainer: Darcie Van Voorst*

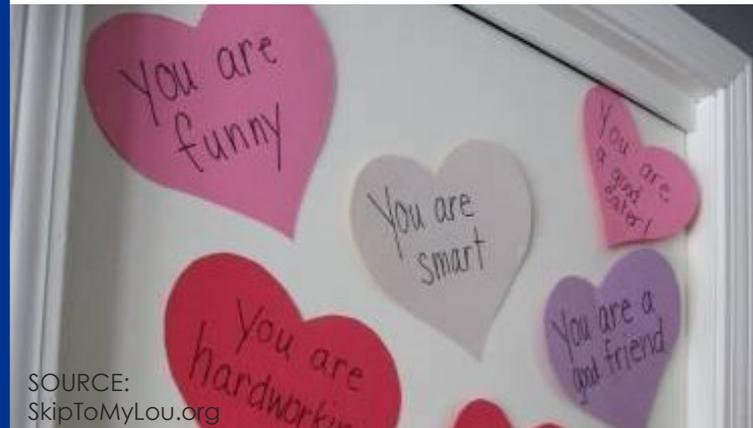
**REGISTER HERE OR CALL 800-277-8145**

[VIEW IFAPA TRAINING SCHEDULE](#)

## 7 REASONS KIDS WITH REACTIVE ATTACHMENT DISORDER HOARD FOOD

*Source: Institute for Attachment and Child Development*

From crumbled packages of noodles in bed sheets to toothpaste stuffed under mattresses, we've seen a lot in regard to "food" hoarding. We've even come across a young child who disassembled her bed at home to ingest her bed bolts. No matter the item of choice, children with Reactive Attachment Disorder often gather, store, and sometimes eat strange things. Food (and sometimes non-food item) hoarding often leaves caregivers and clinicians bewildered. [CONTINUE READING](#)



SOURCE:  
[SkipToMyLou.org](http://SkipToMyLou.org)

## Valentine Heart Attack

Give a Valentine heart attack to your kids to let them know how special they are. My friend Wendy had this fabulous idea for Valentine's Day. She cuts hearts of all different shapes and sizes and writes nice comments about each of her children on the hearts. She then covers each of their doors with the hearts. We just finished this for one of our children -two more to go before morning!

To make it easier by giving you more time and to spread out the fun for the kids, beginning February 1st stick a heart each day on you child's door with a reason you love them. At the end of 14 days you have a heartfelt heart attack. Don't worry if you start late, your child will appreciate these words of affirmation any day! [GET FREE HEART TEMPLATES](#)