

JUNE 14, 2017

Instead of Grounding Your Kid... 12 STEPS TO TEACH A LESSON

"Dear Dr. Laura -- Could you write about transitioning to positive discipline for parents of older kids?"

This should be easy, right? You just stop punishing, and your children are so grateful, they begin to act like perfect angels.



I wish. Transitioning to positive parenting can be challenging. Your child has already come to understand the world through a certain lens. He thinks the only reason to "behave" is that otherwise he'll be punished by losing a privilege or being grounded.

So the first thing to know about transitioning to peaceful parenting is that you don't just "remove punishment." You start by strengthening your relationship with your child, so your child respects you and WANTS to follow your rules.

What's the "bank balance" in your "relationship account" with your child? You need at least five positive interactions to every negative interaction to maintain an account that isn't in the red. You need a surplus if you want your child to follow your lead and be open to your influence. (You don't build a positive balance in your relationship by buying your child things or letting him stay up late. You build it by listening and understanding.)

Then, consider how to teach the lessons you want your child to learn. Grounding your child, removing privileges, or punishing with extra chores -- all of these approaches are meant to "teach a lesson."

But research (and common sense) tells us that kids get preoccupied with the unfairness of the punishment, instead of feeling remorse for what they did wrong and making a plan for change. There's a better way to teach the lessons you want your child to remember. [CONTINUE READING](#)

USE YOUR ADOPTION RESPITE DAYS

Each adopted child who receives a subsidy from Iowa is eligible to receive five days of respite care per fiscal year at \$20 per day. The current fiscal year for the Adoption Respite Program runs from July 1, 2016 to June 30, 2017. All respite days must be used during these dates and the form must be submitted to IFAPA no later than Friday, July 7th.

[VIEW RESPITE FORM](#)

REMEMBERING TRAUMA

Connecting the Dots Between Complex Trauma and Misdiagnosis in Youth

Remembering Trauma is a 16-minute film highlighting the life of a traumatized youth from his early childhood into older adolescence. The film illustrates the impact of complex trauma and the potential for misdiagnosis across various service systems.

[WATCH VIDEO](#)

This film was developed by the Center for Child Trauma Assessment, Services, and Interventions (CCTASI) in collaboration with partners from the National Child Traumatic Stress Network (NCTSN) and creator of the ReMoved film series, Nathanael Matanick.

IFAPA TRAININGS

MEET XANDER

DAVENPORT

Gender and Sexuality Sensitivity

Saturday, June 24 (9am-12:15pm)

During this class we will explore the history of gender and sexuality rights and discrimination and hear testimonials from individuals who have faced struggles due to their gender and sexuality. We will explore statistics, the coexisting issues a person dealing with nonconforming gender and sexuality issues face and new, accurate terms, language and resources to make you an informed and empathetic advocate for gender and sexuality issues. Staying current and having a better understanding of this trending and at risk information will assist you in building a more trusting, understanding and accepting relationship with foster and adopted kids and their families.

DAVENPORT

The Effects of Disrupted Attachment on a Child's Brain, Heart and Future

Saturday, June 24 (1:15pm-4:30pm)

We will explore how essential attachment is for healthy development of a child and what happens when that attachment does not occur or is disrupted. We will further examine how that affects a child throughout their life and how it impacts the relationships, behaviors, and needs of the child and the child's caregivers. We will discuss ways to assess and rebuild healthier attachments no matter the age.

SPENCER

Family Matters - Working with Birth Families in the 21st Century

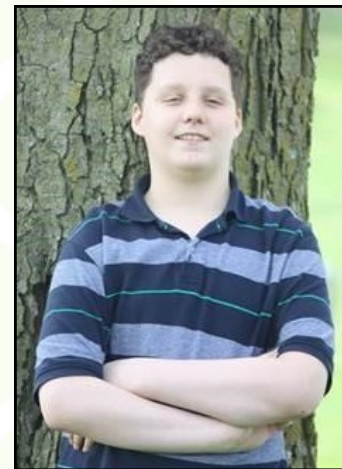
Saturday, June 24 (9am-4:30pm)

During this class, we will explore the history of working with birth families along with the expectations and opportunities that exist today. We will explore how trauma impacts individuals, families, and the process of moving through the system and engaging the change process. We will explore the elements and expectations of the Family Interaction Initiative. The class will focus on specific practical tools for communication, documentation, and goal setting that will help to demystify the birth family / foster family relationship and provide a path for positive change.

[REGISTER FOR A CLASS HERE](#) OR CALL 800-277-8145

"I just want a family who will accept me."

In the air. That's where you might find Xander on a warm, sunny day. That's because he loves jumping and flipping on the trampoline. He enjoys being outdoors, surrounded by nature, whether that's in the backyard or on a long walk.



But like most 14-year-old boys, he wouldn't say "no" to a good movie night or video games with siblings or parents, either. He also enjoys attending church.

You'll catch on pretty quickly to Xander's sense of humor and penchant for telling jokes. He likes to make people laugh.

Xander is an affectionate, self-aware young man who is looking forward to building a trusting, loving relationship with his forever family. Families from all states will be considered for Xander and they must be willing to help him maintain the positive relationships he's built here in Iowa with the special people in his life. Parents must be patient and understand it will take time to create connections. The right family will also be upbeat and positive, ready to encourage and celebrate successes and progress.

Xander is proud of his achievements and growth, and he is motivated and positive about the future. "I just want a family who will accept me," Xander says.

[REQUEST MORE INFORMATION](#)