

MARCH 14, 2017

Spring Conference

APRIL 7-8, 2017 | DES MOINES

Continuing your education on the unique needs of children in foster and adoptive homes.

FINAL CONFERENCE

Don't miss your chance to attend the last statewide conference for foster and adoptive parents and professionals. This will be the final conference held by IFAPA.

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
 - B3** Cultivating Opportunities for Regulation in Children with Trauma and Attachment Concerns
 - B4** It is a Matter of Justice...*(Same as A4)*
 - B5** Trauma and Race
-
- C1** Eating and Food-Related Problems of Foster and Adopted Children
 - C2** Celebrating the Challenge: Partnering with Birth Parents *(Same as B2)*
 - 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
 - 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...*(Same as D4)*
 - 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

[REGISTER ONLINE](#)

[REGISTER BY MAIL](#)



Holiday Inn

IFAPA has reserved a block of hotel rooms at the Airport Holiday Inn on Thursday, Friday and Saturday night of the conference. Hotel arrangements should be made directly with the Airport Holiday Inn by calling 515-287-2400. **The conference room rates are \$91 per night. To receive this rate, attendees must make hotel reservations NO LATER THAN March 16, 2017.**

The Impact of In Utero Stress & Trauma

Trauma Informed Care has become the cornerstone of foster or adoptive parent education, and understandably so. Understanding trauma is paramount to understanding the needs of the child you are caring for. But what if the child in your care came to you immediately or shortly after birth? Your newborn hasn't suffered "abuse or neglect." She came to you with a trauma-free slate. You are the only caregiver she has ever known, and you've loved and nurtured her with great dedication from day one.

But then you start to notice things...she doesn't make eye contact during feedings, but some babies don't, right? As a toddler, she seems aggressive with other kids, but that's why it's called the "terrible twos," right? She starts school and you start getting daily calls. She always seems angry. She has trouble making friends. She's anxious and depressed. Where are you going wrong? You love her with everything in you, yet she's displaying behaviors of a child who has suffered trauma. It just doesn't make sense.

Maybe your newborn was exposed to trauma after all? [**CONTINUE READING**](#)

Source: Foster Care & Adoption Resource Center (WI)

Does Your Foster Teen Need \$500 for Activities?

IFAPA has received special money from Chaffee Funds for teens (age 14+) in foster care that can only be requested through June 30, 2017. These grants will be available for up to \$500 per youth. This funding is for all teens in a foster care placement including shelter, foster family homes, group care, & supervised apartment living. To apply for this funding, complete an [**APPLICATION**](#).

21 WAYS TO GET CLOSER TO YOUR CHILD TODAY

By Dr. Laura Markham

It's part of our job description as parents to guide our kids and keep them moving through the daily routine. All too often, that means setting limits, denying requests, correcting behavior.



Sometimes we're able to be emotionally generous, so our child doesn't perceive our guidance as "negative." More often, kids give us the benefit of the doubt because all the other loving, affirming interactions create a positive balance in our relationship account. That's why creating those positive interactions with your child matters so much.

Research shows that we need at least five positive interactions to each negative interaction to maintain a healthy, happy relationship that can weather the normal conflicts and upsets of daily life.

So when we're short on positive interactions, our relationship balance dips into the red. As with any bank account, we're overdrawn. That's when kids resist our guidance and develop attitude, whether they're two or twelve. [**CONTINUE READING**](#)

THE BENEFITS OF CONTROLLED BREATHING

By Lesley Alderman (New York Times)

Take a deep breath, expanding your belly. Pause. Exhale slowly to the count of five. Repeat four times.

Congratulations. You've just calmed your nervous system.

Controlled breathing, like what you just practiced, has been shown to reduce stress, increase alertness and boost your immune system. For centuries yogis have used breath control, or pranayama, to promote concentration and improve vitality. Buddha advocated breath-meditation as a way to reach enlightenment.

Science is just beginning to provide evidence that the benefits of this ancient practice are real. [**CONTINUE READING**](#)

