

MAY 15, 2018



With many Iowa day and overnight camps available for kids, ASK Resource Center wants to help make planning for summer a whole lot easier with the help of their 2018 Summer Camp List!

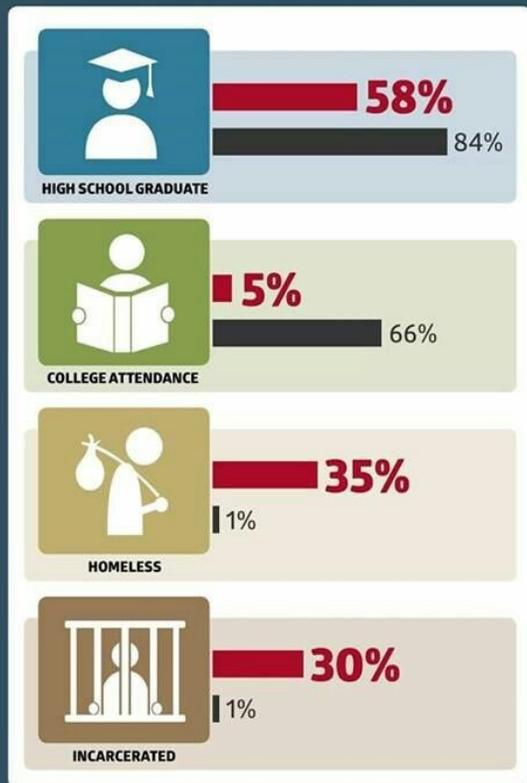
Families with children who have special needs may want to consider sending their child to camp this summer. Children can benefit from the fun and social interaction with other kids, increase their confidence and independence, and parents get a needed break. [Click Here for List](#)

## Not for Forever: What to Do When Adoption Isn't an Option

When your family chose to become a foster family to help a child in need, you might have thought that—and perhaps were trained for—your home to be a temporary placement for that child before he or she was reunited with his or her birth parents. You were also taught that the goal of foster care is reunification; however, there are circumstances where that goal does not work, and alternative permanent options need to be considered. One of those options may be adoption. When a child in your care moves towards adoption, you, as the foster parent, will often be one of the primary people the child's worker will ask to be the adoptive or "forever family" for the child and/or his or her siblings. The decision to adopt a child can be a difficult one, and it's okay to say that you don't want to adopt, or that you are unsure if you are able to commit at this time. When our family decides that adoption is not the best option for you and the child in your care, it can be a time of grieving, confusion, and moving forward. The Foster Care and Adoption Resource Center staff are here to support you throughout your decision making process.

[Click Here to Read More](#)

## The Outcomes of Youth WHO AGE OUT OF FOSTER CARE



■ Foster youth  
 ■ Non-foster youth



## Supporting a Shy Child

The child who is a little "slow to warm up" can sometimes get lost in the rush to respond to children with more assertive or outspoken temperaments. Very often it is the quiet child who may need some support to enter play or advocate for himself, but because he doesn't make his needs explicitly known, they may not get met. These children often blossom when provided some support and guidance to cope with group dynamics, and when they are have the opportunity to participate in their own way and build on their own strengths.

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# Iowa Foster Child and Youth Bill of Rights

- I have the right to be treated with respect.
- I have the right to be safe and well cared for.
- I have the right to be who I am.
- I have the right to lifelong family connections.
- I have the right to be fully informed about what is happening to me.
- I have the right to be told why I am in the child welfare system.
- I have the right to adequate health care, including mental health care.
- I have the right to a good, stable education.
- I have the right to permanency.
- I have the right to know when court hearings are scheduled and to attend hearings regarding my care.
- I have the right to a qualified advocate.
- I have the right to receive skills, knowledge and resources needed to be an independent adult.
- I have the right to seek assistance if these rights aren't being met.



## Responsibilities for Children and Youth in Care

- I am responsible for my choices, decisions, actions and behaviors. I understand that I make the biggest difference in my life.
- I know I will make mistakes but I hope to learn from them and make positive choices for my life to create a bright future.
- I will treat myself and others with respect; I will follow the golden rule and treat others as I wish to be treated.
- I promise to make every effort to take the necessary actions not to cause harm to myself or others.
- I will do my best to communicate openly with people when I have a problem and try to ask for help when I need it... but please remember I may have trouble asking for help.
- I will try to work to the best of my ability in school and achieve the educational goals that I need to be a productive and successful person.
- I have the responsibility to ask for help in learning life skills I need for becoming an independent young adult.
- I will make an effort to be involved in and cooperate with suggested mental health treatment.
- Respectfully I ask that you do not judge me by my past, instead get to know me for the person I am today.
- Family connections are very important to me. I know I am responsible for setting and keeping safe boundaries with my family members. I am also responsible for making amends for any of my former actions that may have caused someone harm.
- I will try to be courageous and speak up when I feel my rights have been violated.

Every child in foster care has the same rights belonging inherently to all children. Achieving Maximum Potential (AMP) is a youth driven, statewide advocacy group that seeks to unleash the full potential for personal growth among children and youth experiencing foster, adoptive and kinship care. AMP asks that service providers, court professionals, and case managers provide the Foster Care Bill of Rights and Responsibilities document to children and youth in care. Because each child and youth is unique, discuss in a manner which he or she can understand. This Iowa Foster Care Bill of Rights and Responsibilities was developed by children and youth, with the support of the Department of Human Services and mentoring from other youth advocates. This is a resource that children and youth can use to advocate for themselves and adults can keep this as a reminder to always uphold these rights and show children and youth the respect they deserve. The responsibilities are to be used as encouragement to uplift and support youth in their development and successful transition toward becoming successful young adults.

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